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**PUZZLE
PAGE**
on P. 34 - Sudoku
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Happy Christmas to all our readers



**Economic crisis increasing divide between Portugal's
wealthy and poverty-stricken**

RICH MAN, POOR MAN

Full story, see page 2



A poor man and a rich man sitting in the street during the Charles Dickens Festival in the city centre of Deventer, the Netherlands. This festival is held every year with thousands of visitors. Actors play the characters in Charles Dickens stories such as Scrooge (Photo: Bob Suir / Dreamstime.com)

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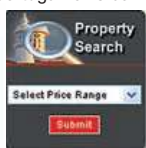
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Rich man, poor man

Eloise Walton

Figures from the national statistics institute (INE) show that the divide between the rich and poor in Portugal is one of the highest in the EU, with the combined income of the two million wealthier people in the population being seven times higher than the two million people at the poorer end of the scale.

According to INE a fifth of Portugal's population survives on less than €360 per month or €4,321 per year and 32% of the population aged between 16 and 34 would be in a situation of poverty if they depended on their wages alone.

Fernando Nobre, President of Assistência Médica Internacional says, "the situation is alarming", with the top 100 richest people in Portugal seeing their fortunes increase this past year by a around 33%, while the average population saw their incomes only increase by around two percent.

"The social responsibility of the elite in Portuguese society is not practiced or even recognised," he said, adding: "the situation is bad: we know that the higher the inequality in a country, the lower its level of development."

According to a study published earlier this month, carried out by a number of organisations including the European Network against poverty and the Portugal branch of Amnesty International, people's perception of poverty in Portugal has changed in the last five years. Whereas the sick, disabled and families with many children were once seen as most vulnerable to poverty in Portuguese society, that status has now changed to youths seeking their first jobs, low income workers and people with temporary employment.

For human rights movement Amnesty International, this change of perception means that the "old type of poverty" becomes less visible, and so less of a priority, which can cause it to worsen.

An example of this is Casa Sol, a Lisbon-based institution dedicated to providing shelter to HIV-positive and AIDS infected children, that has seen its donations diminish to almost a third of what they used to be, during the crisis (full story see page 4).

The crisis has also exacerbated the problem of child abuse and neglect, with more children being taken away from their families and placed in institutions.

"During times of crisis, the financial stress put on families can lead to more incidents of alcoholism, which in turn lead to violence and abuse," said Dr. Luis Villas Boas, Director of the Faro-based

Aboim Ascensão children's home, which is currently filled to 98% capacity.

Portuguese Christian charity Caritas has announced this year that it is getting more and more requests for help from Portuguese families who are facing poverty. As well as asking for food aid, families are now looking to the charity to help pay their rent, bills and medicines.

The Algarve branch of Caritas has assisted double the number of people this year compared to last year, with those employed and aged between 35 and 45 asking for help because they can't meet their financial commitments.

Last month, the President of the Algarve branch of Caritas announced a plan to open a soup kitchen in Faro in January, which aims to serve 40 meals a day to the needy.

As well as growing poverty among the Portuguese, the situation is also bleak among foreign immigrants who came to work in Portugal before the economic crisis hit and are now seeing their jobs disappear or salaries being cut or delayed.

One Ukrainian immigrant who lives in the suburbs of Lisbon and asked not to be named told The Portugal News: "I have been working for a well established kitchen company for several years and always used to receive a good wage, paid overtime and free lunches from my boss, but in recent months he hasn't been able to pay my wage." He added: "Where I once received at least €1,000 a month, I now barely receive €300 and can't afford my rent, bills and food. I don't know who to turn to as many of my friends are in a similar situation. If it doesn't improve I will have to leave Portugal."

On the flip side to the seemingly endless negative media reports about the worsening of poverty, many top end luxury businesses are still doing well with wealthy clients spending their currency in luxury hotels, gourmet restaurants and prime property across Portugal.

Georgina Richards from the luxury international real estate Knight Frank told The Portugal News that despite 2010 being "a difficult year" for sales due to the economic crisis, clients are still viewing, making offers and buy-

ing luxury properties in Portugal.

Knight Frank promotes properties in the central and western Algarve, both of which have slightly different markets.

The central Algarve market includes properties in the Golden Triangle, and clients this year have been concentrating on properties within a budget of €1.5 million to €3 million. "Clients now want properties that are new or top quality and don't need any updating and little maintenance," she said, adding: "they are concentrating on quality stock and prefer managed properties with good security."

In the western Algarve, where luxury properties have seen prices fall by up to 35%, average client budgets vary between €700,000 and €1.2 million. "Properties with significant falls in the asking price attract a lot of attention from potential buyers," said Mrs. Richards.

Although British buyers are the staple for Knight Frank in Portugal, they have also had interest this year from Germans who are returning to the Portuguese property market, Scandinavians, and a few Russians, while wealthy Portuguese are buying prime land to build on or develop in the future.

For Petra Sauer, General Manager of the Cascais-based five star Fortaleza do Guincho Hotel, which has a Michelin star restaurant, their typical client is Portuguese and opts to stay at the hotel for between two and three nights, which normally incorporates at least one visit to the restaurant.

"The amount that a client spends depends on the time of year, some opt for a more gourmet package, but the fact that the Portuguese have chosen to spend their holidays nationally has been good for our bookings," she

said.

Meanwhile, large scale luxury resorts such as Vila Vita Parc are also seeing improvements in their bookings.

Katya Bauval, Director of Sales and Marketing at the five star Vila Vita Parc told The Portugal News: "This year has been better than last year, although the first six months were worse, we have seen a recovery from the summer onwards."

The resort caters for European clients, particularly the British, Germans, Dutch and Belgians, although they do also have Portuguese clients.

"Typically, our clients stay in the resort, some don't leave during their entire stay," she said, adding that this is due to the choice and high quality of the facilities available, including seven restaurants, five bars, a wine cellar, spa and various activities on offer.

Despite the economic crisis, Vila Vita Parc is expecting 2011 to be much the same as 2010.

For the leader of Portugal's communist party however, 2011 will be bleak for many families.

Speaking to Lusa News Agency on 12 December he said that poverty will worsen in the country next year due to the government's austerity plans.

"Sadly, when the new government budget measures come into force in 2011, with the reduction of salaries, pension freezes, tax increases and reduced investments, it's inevitable that life will get worse for the majority of the Portuguese."

Aside from 2010 being the European year for combating poverty and social exclusion, with such disparaging reports and statistics, it appears that the divide between the rich and the poor is widening in Portugal and will continue to do so throughout 2011.

Groundforce workers warn of possible strikes

Members of four unions representing ground workers for Portugal's national airline TAP have issued a warning that they plan to strike around the Christmas and New Year holidays against the decision of the mass firing of employees at Faro Airport.

According to the warning, the strike action will take place from 9pm on 22 December until 3am on 24 December.

On 28 December workers will strike from 9pm until 3am on 30 December.

With this proposed action, the members of the allied industries, civil aviation, airport and aviation staff and baggage handling unions aim to "change TAP's anti-negotiation and arrogant behaviour that is damaging to worker's interests."

The action is also to be carried out to "change the attempt to fire workers at Faro Airport."

Members of the four unions

say they contest the collective firing at Faro Airport as an act of "bad management" because "proposals were presented that would maintain employment" while reducing operational costs "by around eight million euros."

Airport handling company Groundforce announced last month that they would be suspending their operations at Faro Airport and dismissing 336 employees.

Passengers due to travel on the days announced are advised to check with the airport they are due to fly from, if the strike action is taking place and whether it will affect their journey to and from Portugal.





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Casa Sol shines through adversity

Carrie-Marie Bratley

The Portugal News first visited Casa Sol in November 2008 to learn more about the association's unique role in Portugal. Two years later it transpires the association is facing times so turbulent that its future could be seriously compromised.

Established in 1992 Casa Sol is home to 22 children with ages ranging from five months to 16 years, most of whom are HIV-positive or infected with the AIDS virus. The few who do not have the virus themselves have parents infected with the virus.

Some of the children were placed in Casa Sol after being removed by the courts from situations of 'risk', from households where parents are often drug-addicts, prostitutes or criminals.

Others are taken in as orphans after their parents succumb to the virus or are too sick to care for them.

A number of the children also suffer other complications, such as motor neurone diseases and cerebral palsy.

Distinguished by UNESCO for its pioneering philosophy and presented by Portugal's Parliament with a Human Rights Award, Casa Sol is a unique institution that accommodates where others discriminate.

Due to an alleged difficulty in housing HIV-infected children in mainstream institutions, as soon as a vacancy opens at Casa Sol it is immediately filled. Some of the home's children are adopted or re-integrated within their biological family, but the waiting list for a place at Casa Sol is nonetheless constant.

The institution was initially created to take in 11 children and receives social welfare funding for as many. It is a well known fact though, that there has been double that amount of children living at the home for a number of years, yet the little contribution that it does receive from the state remains unaltered.

"We have 22 children in the house, Social Security only gives us subsidy for 11 yet it is they who continue to send more children here", Dr. Teresa D'almeida, President of the Sol Association, told *The Portugal News*.

She continued to explain that the property in which the institution is based, loaned to the asso-

Despite recent reports suggesting that the number of HIV-positive women passing the virus onto their children has dropped dramatically in Portugal over the past 15 years, the reality is that the demand for an institution for orphaned or neglected HIV-positive children is unyielding. However, this country has just one institution dedicated to providing shelter to HIV positive and AIDS-infected children, the majority of whom are placed in its care by the courts. That institution is Casa Sol (Sunshine House), in Lisbon, a dilapidated property that receives little if any funding, where rain seeps through the roof, pipes burst regularly, and which for years has cared for double the number of children that it is governmentally financed to take in.



A South African girl plays at the Emasithandane Children's Project orphanage in Nyanga, Cape Town South Africa. Like Casa Sol, the Emasithandane orphanage cares for children many of whom have lost their parents to HIV/AIDS. The first day in December worldwide is marked as the International HIV/AIDS Day. (Photo: EPA/Nic Bothma)

ciation by the Ministry of Health until 2020, is not only nearing the end of its concession but is also "completely dilapidated".

"For ten years I have been asking for a new home. The pipes here burst regularly. Once we had to remove the babies from the nursery and put them to sleep elsewhere and also if it rains the children cannot eat in the dining room as the rain comes in", she recounted, summarising "It is chaotic."

In December 2008 the children were forced to bathe at a nearby hotel after the pipes in the home rotted to the extent that they became unusable and the property was totally without water.

Over the years minor works

have been carried out on the property, mostly by volunteers, but in-depth renovations have never been possible due to the association's lack of financial resources.

Presently the situation has become even more frustrating as the answer to their problems seems to be literally on the doorstep.

"There is a property right next door that belongs to the ARS (Regional Health Association) which has been standing empty for over a year, and it is enormous."

As with most charity-dependent institutions, Casa Sol has been hard hit by the financial crisis.

Teresa D'almeida revealed "This past year has been particu-

larly bad, as you can imagine, there are fewer donations and other contributions, and the house is run down."

Dr. D'almeida estimates that donations have diminished to almost a third of what they used to be. Should the situation not improve, "I don't know what will happen; no one helps us."

Meanwhile, ahead of World Aids Day on 1 December, Portugal addressed the issue of HIV and AIDS with leading national experts announcing progress is being made.

Last month it was revealed that the number of new AIDS cases being diagnosed in Portugal had fallen by half in four years, and that the number of AIDS-related

deaths had diminished by 25 percent in four years, according to the national coordinator for HIV/AIDS, Dr. Henrique Barros.

These figures comfortably exceed goals established in a four-year programme developed to tackle the incidence of AIDS, covering 2007 to 2010.

This month it was also announced that HIV transmissions from mother to child during pregnancy, via birth or breastfeeding, had fallen from 20 percent in 1995 to 2.5 percent last year.

It is estimated that there are between 35,000 and 40,000 people living with HIV in Portugal, around 200 of whom are children.

Teresa Branco, an infectologist from the Amadora-Sintra Hospi-

tal, said, "Portugal is one of few countries where [HIV] tests are widely carried out on pregnant women. Very few women are not tested."

She added that it is necessary to "ensure that all women are [medically] monitored and that pregnancies are planned, to further reduce risk", and conceded that there are many women who do not know they are infected.

Commenting on the progress, Teresa D'almeida said, "I'm sure the percentages are correct, but they are a sample based on the cases seen [in hospitals]. I have the children of the women who do not go to hospital. It is not that straightforward."

Dr. D'almeida was, however, quick to compliment the progress being made in treating the virus, saying the medical advances were "unquestionable."

She revealed, "In the beginning many [of the home's] children died, but we haven't lost a child now for five years. The treatment they receive is superb."

As Christmas approaches Dr. D'almeida's main priority is to "find money to pay wages" to Casa Sol's few non-volunteering staff, but stresses "a new home is paramount."

"Without one I don't know what will happen."

The Casa Sol children will spend their Christmas "like any other family; we'll have an evening feast and Christmas lunch just like other families."

And hopefully a few presents too.

To learn more about Associação Sol or to make a contribution, phone: (+351) 21 3625771/2, or see website: www.sol-criancas.pt. Donations via bank transfer can be made to Millennium BCP, account number: 57756420, NIB: 0033 0000 0005 7756 4200 5.

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Is doomsday nigh?

Carrie-Marie Bratley

"Do you believe the world will dramatically change on 21 December 2012? Do you want to survive?"

This question has been posed in two adverts in a regional newspaper, one under the 'miscellaneous' category, the other under the heading 'astrology'.

A reader of the newspaper who spotted the adverts voiced their concern at seeing the announcements, which not only "might worry the more vulnerable", but appear to have a commercial interest in readers' supposed survival.

"It gives you something to think about and they were a bit scary to be honest, especially to the more impressionable, but most people will just sweep it under the carpet after a while", the reader told **The Portugal News**.

The adverts relate to unfounded fears that planet Earth may suffer massive, disastrous consequences from a 'rare' galactic alignment that allegedly happens every 25,800 years, due to occur next on 21 December 2012. This coincidentally falls at the same time that some interpreters of the Mayan calendar claim that it ends, as well as with the annual winter solstice.

Amongst others disasters, mega-tsunamis, solar radiation, nuclear destruction, earthquakes and volcanoes are suggested by the website as consequences of the alignment.

The adverts' website explains: "On 21 December 2012 the world as we know it will come to an end. The sun will be eclipsed by all of the planets simultaneously and the gravitational pull on the sun will rip off a large chunk of flaming gas which will travel towards Earth as a solar flare of catastrophic proportions, which has not been seen for 26,000 years."

'Doomsday' believers have made indications that the solar flare could have the strength of '100 billion atomic bombs' and trigger the geomagnetic reversal of the earth.

One of the adverts goes as far as suggesting "building a shelter in the mountains is a great idea", but then asks "How are you going to stop the millions of others who didn't [build a shelter] from taking it from you?"

Both adverts direct readers to a website that, alternatively, suggests taking refuge on a 'survival-boat'.

"The design and build of 20 Survival Boats is now being negotiated, with completion estimated at the end of May 2012" the website claims.

The boats are described as "unsinkable (...), with enough supplies to last ninety days and tools to start building" when the vessel reaches "a safe shore." Those interested in being on board, and subsequently surviving 'doomsday', are urged to

"register now." No costs or fees are indicated.

But while believers hurry in making preparations for their endurance, others, including leading international researchers, scientists and associations, have rubbished the efforts.

In comments to **The Portugal News**, the Portuguese Society for Astronomy (SPA) said "There is nothing particularly special about the date 21 December 2012 in terms of astronomy except that it is the date of the Winter Solstice."

"This astronomical happening marks, by convention, the beginning of the winter season for countries in the northern hemisphere. It is an annual occurrence, as is well known, without any special significance in the year of 2012: the Winter Solstice of 2012 will be the same as the one that happened last year and as the one that will happen next year."

A posting by professional art historian, epigrapher and Mayanist Prof. Mark Van Stone on the FAMSÍ (Foundation for the Advancement of Mesoamerican Studies) website, reads: "Maya Scholars, in Mexico, Guatemala, Belize, Honduras, El Salvador and North America, have been watching with amusement and dismay as self-styled experts proclaim that ancient Maya prophets foretold an earth-shattering happening to occur December 21, 2012 (...) In sum, [that] the world as we know

it will suddenly come to a screeching halt."

The Professor denies that 21 December 2012 will be "the end of the world" and claims that the "rare" galactic alignment is in fact "not very rare at all."

He explains "the sun has crossed the galactic equator every Winter Solstice since 1983, and will continue to do so until 2019. In fact, the sun has aligned annually (on other days) since time began."

"This is an annual event, [and] is not rare at all", he concludes.

It is widely acknowledged that there is little or no scientific evidence to support the theories that a global disaster will take place any time in 2012.

NASA scientists echo Prof. Stone's view. A 'Question and Answer' page on the Agency's website addresses the most common concerns relating to 2012, such as threats to Earth that year, the end of the Mayan calendar, alignment phenomena, its effects on Earth, and the giant solar storms predicted for 2012.

NASA's scientists stress "nothing bad will happen to the Earth in 2012."

"Our planet has been getting along just fine for more than four billion years, and credible scientists worldwide know of no threat associated with 2012."

Regarding the end of the Mayan calendar, it is explained, "Just as the calendar you have on your kitchen wall does not cease

According to some interpretations of the Mayan calendar the human race may have just two more years to exist, a theory made slightly more worrying by an advert published in a regional newspaper offering readers the opportunity to survive what believers claim will be a major astronomical occurrence set to cause global catastrophes on 21 December 2012 – coincidentally, when the Mayan long count calendar appears to end and the winter solstice occurs – a combination of unsubstantiated events now dubbed by many as 'doomsday'.

to exist after December 31 the Mayan calendar does not cease to exist on December 21, 2012. This date is the end of the Mayan long-count period but then just as your calendar begins again on January 1 another long-count period begins for the Mayan calendar."

Referring to the alignments, NASA reflects Prof. Stone's views, but adds "There are no planetary alignments in the next few decades; Earth will not cross the galactic plane in 2012, and even if these alignments were to occur, their effects on the Earth would be negligible."

"Each December the Earth and sun align with the approximate centre of the Milky Way Galaxy but that is an annual event of no consequence."

The SPA agreed, saying, "On 21 December 2012 all planets of the Solar System will not be aligned, despite several sources that are hardly credible in scientific and historic terms claiming otherwise. And even if a similar alignment did occur, on that day or on any other, there would be no catastrophic consequences."

Addressing the "large chunk of flaming gas which will travel to-

wards Earth as a solar flare of catastrophic proportions", NASA clarified "Solar activity has a regular cycle, with peaks approximately every 11 years."

"Near these activity peaks, solar flares can cause some interruption of satellite communications, although engineers are learning how to build electronics that are protected against most solar storms", but stressed "There is no special risk associated with 2012."

"The next solar maximum will occur in the 2012-2014 time frames and is predicted to be an average solar cycle, no different than previous cycles throughout history."

The SPA concluded, "The so-called 'doomsday' of 21 December 2012 has no scientific (or historic) basis, and with all certainty will not occur. In other words, any event that does occur on that day will not be in any way related to astronomical phenomena."

"The SPA will do everything possible to widely communicate the message that it will be a day like any other to avoid any perfectly unfounded hysteria that could cause actions that in themselves could potentially be tragic."

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New dawn, new choices for palliative care patients

Carrie-Marie Bratley

The Madrugada Project (*Madrugada* literally translates as 'dawn'), a non-profit association based in Praia da Luz, aims to provide palliative care at levels that are on a par with leading EU countries. It represents a vital service that was, until now, practically non-existent in the Algarve.

"Sadly, at some point everyone will need, or will know someone who needs palliative care", says psychologist Alison Blair, founder of the Madrugada Project, stressing "but this is not just for foreigners, it is for the whole community."

Palliative care, according to Madrugada, is relevant when "curative measures are no longer appropriate; but it is not just about pain management and symptom relief, it also offers emotional, spiritual and practical support."

Madrugada aims to assist in all of the afore-mentioned areas via a fully-funded service, footed by fund-raising efforts and contributions, dedicated to helping individuals and their families cope with life-limiting diagnoses.

For this a 'care team' of qualified professionals and specialists (nutritional advisors, nurses, physiotherapists and bereavement counsellors, amongst others) assessed on internationally-developed criteria, as well as volunteers, has been brought together to help families "make the

A pioneering, cross-cultural project has been launched in the Algarve to provide people with life-limiting illnesses and their families with the necessary care and support to face testing times that, in the case of many foreigners living abroad, can often leave them with no other option but to return to their homelands.

absolute most of whatever time they have left; whether that is days, weeks or even years", Alison explains.

More importantly, according to Alison, particularly for expats, it gives patients the choice to live out their lives in the place they have chosen to call home, in the comfort of their own home.

"Some of these people have been here 30 or 40 years, or more; this is the place they have chosen to make their home, they don't need the turmoil of, as well as having to cope with a diagnosis that in many cases can be frightening, having to pack up and move to another country."

Alison Blair moved to the Algarve in 2006 with the intention of opening "a quiet, little psychotherapy practice." But in the first year of practice it quickly became apparent that there was little support for expats in the way of palliative care.

"I saw three ladies in quick succession; all of whom had been diagnosed with a life-limiting illness and all of them were considering moving back to the UK", she recalls.

"I started to ask people, 'what would you do if you got sick?', and many of them said they would probably have to return to their homelands. So I decided that needed changing; it just takes one person to set the ball rolling."

In February 2009 Alison put her findings and ideas to a group

of around 70 people during a meeting held at the Fortaleza da Luz restaurant, in Praia da Luz. Everyone present gave the project their backing and in October this year Madrugada became a fully-fledged association that now has a 'nurse-bank' of 12 fully qualified nurses and many volunteers.

Non-clinical services incur no fees, though families that are able to cover the costs of nursing, fully or in part, are requested to declare their ability to do so. A fee table has recently been made available.

"The reality is that we cannot attract really good nurses on a voluntary basis."

The Madrugada Association's management team is made up of both Portuguese and foreign nationals, many of whom hold mentionable positions within the regional community. Its President, Dr. Paulo Morgado, is head of the Lagos council's Municipal Assembly, director of Social Security in the Algarve and also a member of Portimão Hospital's board of administrators. Fellow board-members Ana Patrícia Correia Marques and Maria da Graça Pedro, a psychologist and nurse respectively, are both specialists in palliative care, and Paulo Jorge Reis is mayor of the Santa Maria parish (Lagos) and head of the Lagos Fire Brigade.

Ultimately the team is looking to mould Madrugada to become the Algarvean equivalent of other



key EU associations and charities, such as the UK's Macmillan Cancer Support.

The project's main goal however, is to open a 20-bed respite, residential and day-care centre, which it has been estimated will cost around €3 million to build, plus almost the same again for the acquisition of land and running costs. This phase of the project will only commence once the association has reached IPSS (registered institute of social welfare) status.

"Who knows though, one day a multi-millionaire philanthropist might hear about our project and decide they want to invest in it" Alison says, with natural

'cup-half-full' conviction.

For now though, Madrugada will initially operate within the Lagos/Luz area, a service the association estimates will cost in the region of €245,000 a year, largely covered by revenue from the association's charity shop, along with other fundraising efforts, donations and contributions.

The Lagos municipality was chosen as a pilot area for the services "because that is where our first charity shop is" Alison explains.

"We have had an amazingly active first year and the charity shop has done very well. Seeing as the local community has in-

vested here, this is where we will start giving back."

Three more charity shops are planned for 2011 and are expected to take shape in the Portimão, Lagoa, Almonacid or Tavira areas. As the project gradually expands, so will the areas that its services cover.

Alison Blair says she is "privileged" to have founded and be involved with Madrugada.

"Two of the most privileged times to witness in life are birth and death; to see someone take their first breath and their last breath is incredibly special", she says, adding "It's all about giving and taking. It's wonderful, and that's what life's about."

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Children's homes filled to capacity during times of crisis



More children are at risk of abuse and abandonment during times of financial hardship, said Dr. Luis Villas Boas, Director of the Faro-based Aboim Ascenção children's home, which is currently filled to 98% capacity.

Eloise Walton and Carrie-Marie Bratley



Above and facing page: Luis Villas Boas, Director of Aboim Ascenção children's home.

"The number of children in our home has increased significantly from 65 to 89 as a result of the current economic crisis," said Dr. Villas Boas during a recent interview with **The Portugal News**. "During times of crisis, the financial stress put on families can lead to more incidents of alcoholism, which lead to violence and abuse," he added.

Supporting this statement are recent reports from all over the country outlining similar scenarios. Data from Child Protection Committees has shown that in Lisbon the number of child neglect cases has increased by 42.5 percent this past year, and in Barreiro the number of cases more than doubled, from 144 to 292, in 12 months.

The Western Sintra Minors Protection Committee said that the number of cases reported by the end of November this year had also already exceeded those reported last year by more than 100. In 2009, 512 children were monitored by the Committee after being neglected or mistreated by parents, "but this year we should reach 700 [cases]," said Teresa Villas, President of the Committee.

Mrs. Villas said that, in her opinion, families situations are worsening significantly, being aggravated by unemployment and economic needs that lead to despair and emotional issues,

which in turn can result in alcoholism, addiction and violence.

However, despite being almost full to capacity, the Aboim Ascenção home has so far not been financially affected by the crisis, which Dr. Villas Boas believes is due to him and his staff doubling their efforts, enabling the number of children leaving the home this year to equal that of last year.

"We have worked harder, we haven't crossed our arms, but we are expecting 2011 to be similar to this year," he said.

Although Aboim Ascenção is not alone in its quest to help children, it is seen as one of the wealthiest children's homes in the Algarve and one of the most successful in Portugal.

"Some people accuse us of giving these children too much, but knowing what they have been through, how can anyone say such a thing?" said Dr. Villas Boas.

According to him, the "secret" of the home's success is not only the hard work that is put in by all of the highly trained staff, but also the home's size.

"There are currently 94 women working for the Aboim Ascenção home, all of whom are graduates from one of six different specialties," he said. This is the equivalent of at least one employee per every child at the home. Twenty-nine of the chil-

dren are under the age of two.

"I think that children's homes with 15 to 20 children don't work, they can't function alone because they are too small and they depend on other charitable institutions. They don't have the number of professionals that we have and they don't deal with the government like we do," he added.

Some 600 children have been re-homed via the institution since its current format was implemented in 1985.

Although he supports initiatives by governments and institutions to improve children's lives, Dr. Villas Boas also harshly criticises them for making regulations without understanding or having enough experience of the complex issues involved.

A new adoption regulation entitled 'apadrinhamento civil' is due to come into force in Portugal in the New Year, whereby in cases where the biological family do not allow full adoption, the adoptive family must allow life-long contact between the child and its real parents.

"I applaud any new adoption measure but this one has no future," said Dr. Villas Boas, adding: "we already have two types of adoption in Portugal, full adoption, where the biological parents lose all rights to their child and restricted adoption, which is similar to apadrinhamento civil and doesn't work."

Other measures which have been used for many years across Europe, such as grouping children between the ages of 0 to 12 or even 0 to 18 in the same homes are also criticised by him. Dr. Villas Boas explained how, in his opinion, it is inappropriate to mix younger and older children in the same institution as their sexual awareness, among other age-related differences, could pose complications.

He also believes that foster families are damaging to the emotional health of a child below the age of five, "by allowing an emotional bond, when they leave the family, they feel a sense of abandonment again."

From the age of six onwards, children are able to understand that a foster family is not their real parents but is there to support them and care for them, so the bond is different.

To avoid false emotional attachment, staff at Aboim Ascenção home work on rotation so that they do not become attached to any particular child.

"Children who come here have a large family at the home, they have many activities and we try to make them independent and able to leave the institution without any false emotional attachments," said Dr. Villas Boas.

As a chief advisor to the Government regarding Portugal's adoption laws, an honorary member of the NSPCC and with 25 years of experience working in the children's home, Dr. Luis Villas Boas pioneered an early intervention system for children at risk in Portugal which in 1998 was distinguished with the Diana, Princess of Wales award.

This initiative, called 'Emergência Infantil' (EI - Child Emergency), aims to identify and help children who may be at risk

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from neglect or abuse at a much earlier stage. They are then taken into care by an institution while the family are given time to resolve any issues before having the child back.

When a family cannot have the child back, such as the case of an African albino boy who has been at Aboim Ascenção since he was born, they are placed for full adoption.

Aboim Ascenção also has five emergency beds, for children that are brought by the police in the middle of the night, when the courts are closed and no one else can take them in.

"There are probably no other emergency centres like ours because it is a lot of hard work. It cannot be done by email or fax," he said.

Dr. Villas Boas is a long-term campaigner of introducing this 'Early Intervention' model on a national and even international scale.

While progress is slow in Portugal – though the will is there, he believes – he is set to meet with a European Affairs Commissioner before the end of the year to introduce the model and discuss its expansion beyond Portugal's borders.

"It would be an honour if our model of caring for children at the home was adopted throughout Portugal and Europe. We can contribute to a better Europe."

Defending the need to "eliminate" institutions that shelter children from the age of six to their late teens, Dr. Villas Boas elaborated, "Ideally there should be no children's homes like Casa Pia and many others that exist across the country and indeed throughout Europe. There is strong resistance to this idea, because

homes think they are doing the right thing by educating children inside four walls instead of within a stable family unit."

While it is common throughout the EU, he says, to group children aged 0-12 together "is a mistake."

Ideally, he summarised, children aged five and under should be placed in an 'EI'-styled institution; from the age of six foster families can be brought in, but perpetual institutionalisation should be reserved for children in care with long-term special needs, such as Downs Syndrome.

Meanwhile, future projects at the home include the construction of a new building, which will comprise new dormitories for children aged two to five, to replace the existing ones as well as an auditorium and a multi-purpose gymnasium for the children to exercise and have parties. With the construction of this new building, Dr. Luis Villas Boas wants to create more space at the home as well as provide somewhere for professionals and researchers to work and participate

in conferences.

"The architect who designed some of our original buildings more than 20 years ago is once again helping us with this project on a voluntary basis. We will need around €2.5 million, but we are not thinking of asking the government for help because we don't want to depend on anyone," said Dr. Villas Boas.

With Christmas just around the corner, the children are due to have a party on 19 December with a visit from Santa Claus.

"On 24 December, the home is calm as the children are so young, they still go to bed at the normal times, although a handful spend the night at the homes of our staff," said Dr. Villas Boas, adding: "Although we are a Christian institution, we do encourage the idea of Santa Claus, and all the children have a stocking with gifts on Christmas morning."

For more information about Refúgio Aboim Ascenção, please visit the website, available in English at: www.refugio.pt/en. The Refúgio is happy to show visitors around the facilities and welcomes visits.



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Shoplifting goes up at Christmas



Around €68 million is due to be lost from Portugal's retail sector due to thefts during the Christmas period, representing a 3.2 percent increase on last year's losses, according to an independent European study.

The study, entitled 'Shoplifting for Christmas 2010' shows that despite a decrease of 1.6 percent in shoplifting in Portugal this year, which represents a total loss of €340 million, thefts will increase during the Christmas period.

Consumers are expected to be responsible for losses of €40 million from thefts, while shop staff will steal more than €23 million worth of products and thefts during the distribution process will represent losses of five million euros.

The study carried out by the British centre responsible for the Global Retail Theft Barometer predicts an overall three percent increase in shoplifting during the Christmas season across Europe, representing €168 million more than in 2009.

Despite shoplifting having reduced overall, difficulties faced by people due to the current economic crisis will stimulate the temptation of leaving shops without paying for products.

Alcohol, women's clothing and accessories, perfumes, beauty products, DVD's, games, iPod's and festive foods are top of the list of the most stolen items at Christmas time.

According to the study, the main perpetrators are groups of professional thieves, gangs who steal to sell and delinquents. It also reveals that contrary to the rest of the year, men are expected to steal more at Christmas, though women have a tendency to steal more expensive items. The value of the average theft is predicted to be €103.24.

"Managers should be aware of the increase in the potential for thefts," says the report, high-

lighting the fact that many temporary employees are hired at this time of year.

Public holidays cost Portugal €37 million a day

Public holidays and extended days off are estimated to cost the Portuguese economy around €37 million for each lost working day, which next year will occur more frequently than this year.

According to World Bank spokesman Luis Bento, the "angels" are not on the side of Portugal's economy in 2011 due to the distribution of days off in the calendar year. In total, the 14 national public holidays will amount to four long weekends and five extra extended days off. This year, the amount was three and four, respectively.

Compared to 2010, in 2011 there are fewer public holidays at the weekend and more that will be on Tuesdays and Thursdays, which cause the most damage to the economy as companies and government offices allow staff to take the 'bridging' days of Monday or Friday off.

With the upcoming year predicted to be difficult for both businesses and families, these stoppages in the normal work rhythm are expected to have a negative impact, which according to Mr. Bento "just one lost

day of work costs around €37 million."

He adds that despite an increase in leisure activities and shopping during public holidays, this is not enough to counter the negative effects of people not being at work.

The number of public holidays and bridging days in Portugal has been criticised in recent years, though moves to stop the bridging days practise for example have been halted by the Socialist party's government group. Mr. Bento however believes that this topic will once again flare up next year.

Despite the current economic crisis, the 2011 calendar is more generous than this year's. In Lisbon and Oporto, the reality is that residents will benefit from an extra four day weekend due to the days that public holidays and municipal holidays fall. In Lisbon for example, the 10 June holiday falls on a Friday followed on Monday by the city's municipal holiday. In Oporto, the moveable Corpo de Deus public holiday falls on Thursday 23 June, with the municipal holiday celebrated the following day.



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Ryder Cup 2018 would boost Portuguese economy

According to a study carried out by the international consultancy firm Deloitte, if Portugal is successful in its bid to host the 2018 Ryder Cup golf competi-

tion, around 14,000 jobs would be created up to 2030. The event would also generate around €284 million in additional tax revenue and result in a positive and long-

A successful 2018 Ryder Cup bid would provide around €550 million for Portugal's economy, three times greater than the impact of Euro 2004, according to Deloitte.

standing boost for the country's reputation as a quality tourism destination.

Deloitte set out to study the macroeconomic impact of staging the world's most important golf event and concluded that a successful bid would have far-reaching consequences, not just during the event but for many years afterwards.

Besides the revenues arising directly from the event, there are also other positive effects associated with such a renowned tournament regarding the development, exploration and commer-

cialisation of additional tourism projects in the region.

Portugal, with José Mourinho as ambassador, is bidding to play host to the 2018 Ryder Cup, along with Germany, France, Spain and Holland. Portugal's bid is centred around the new Herdade da Comporta resort on the Alentejo coast, within a suitable driving distance of Lisbon, so that visitors could be able to combine golf with a city break.

The high spending power of golf tourists is another important factor, with the average daily expenditure of a golf tourist being

€370, compared to the €170 daily expenditure of tourists at other sports events held in Portugal.

Deloitte estimates that the organisation of the Ryder Cup will induce an economic acceleration effect worth €3.6 billion between 2010 and 2020.

Portugal is currently one of the strongest candidates in the race to host the Ryder Cup in 2018, having provided proof that it meets all the conditions to tackle and win this challenge, although it will have to wait until April next year for the final decision to be announced.

EU prolongs crisis support with stricter conditions

The European Commission has agreed to prolong into 2011 its state aid crisis framework subject to modified conditions to continue with a gradual phasing-out.

The temporary framework to support businesses access to finance maintains those measures that address ongoing market failures. But firms in difficulty are from now on excluded from the scope of the temporary framework to ensure an appropriate restructuring of the economy. As for the financial sector, as of 1 January 2011, every bank requiring state support in the form of capital or impaired asset measures will have to submit a restructuring plan.

The crisis support frameworks were introduced at the end of 2008 in response to the financial and economic crisis. Some adaptations were already made in July this year.

Commission Vice-President in charge of competition policy Joaquín Almunia said: "After almost two years of a specific crisis state aid regime, we need to prepare a gradual return to normal market functioning. Of course, the remaining risk of renewed stress is a valid reason to proceed with care and caution in the exit process."

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Nearly one woman in five aged 25-64 outside the labour market

Over the last decade, the inactivity rate for women aged between 15 and 64 years in the EU27 has fallen steadily, from 39.9% in 2000 to 35.7% in 2009, meaning that five million more women have entered the labour market.

In contrast, the inactivity rate for men aged 15 to 64 has decreased only slightly, from 22.8% in 2000 to 22.2% in 2009.

In spite of the economic crisis, the labour market participation of women in the EU27 continued to increase between 2008 and 2009, as the inactivity rate of women aged 15-64 further declined from 36.1% to 35.7%.

For the participation of men however a limited impact can be observed, as the rate for men aged 15 to 64 increased, even if slightly, for the first time since 2002, from 22.0% in 2008 to 22.2% in 2009. Most affected seem to have been young men

aged 15 to 24, who saw their inactivity rate rise from 52.1% in 2008 to 53.0% in 2009.

This data comes from a report issued by Eurostat, the statistical office of the European Union, focusing on people outside the labour market.

2010 – The Year in Review

Well that's all folks. Another year over! Terminé! Beendet! Chuiso! Terminou!

Allow me to remind you of some of the historical landmark events of the year and maybe end with something a shade or two lighter.

2010 has to be the year of the sovereign debt crisis which drowned out some key European elections, including the inauguration of the first UK coalition government since the Second World War. The recovery achieved in 2009 and growth in early 2010 would have been an opportune time for structural reform to take place. Sadly and unsurprisingly, the instinct of politicians and businesses was simply to muddle through the situations they found themselves in.

That's my brief summary of the year, but let's look at the significant others of 2010.

o January – Estimation of UK GDP for the final quarter of 2009 shows narrow escape from technical recession.

o April – Greek Government Bonds rated "junk" by S&P over default concerns.

o June – Start of World Cup in South Africa (just to remind those that forgot my prediction that Spain was to win)

o July – US Wall Street Reform and Consumer Protection Act.

o September – (Japan) Nato Kan, the Prime Minister, defeats Ochoi Ozawa, (US) National Bureau for Economic Research states the recession ended in June 2009, (Brazil) Guido Mantega,

the Finance Minister, warns the world "is in the midst of an international currency war".

o October – (UK) Large austerity cuts announced (Consumer Spending Review) and provisional Q3 GDP figures show growth of 0.8%. (Germany) EU agrees to the Chancellor's (Merkel's) plan for a new bail-out mechanism (look out for the German proposal in their High Courts to amend their constitution to no longer offer any further bail-out funding)

o November – (US) Chairman of the Fed Reserve (Bernanke) confirms QE2 (that's the printing of money, not that the 's seen a royal vessel), (Seoul) Americans sent home packing by the Chinese from the G20 summit by trying to enforce the dollar again, (Ireland) agrees to accept bail-out

In comparison to 2009, generally speaking it has been a miserable 2010.

From a simple view point of the investor, most complaints continue to rise from savers as cash rates remain fairly poor with increases in tax and possibly inflation to boot. Some of the banks have been offering higher rates for a longer period but having failed to draw depositors' attention to the small print and paying the interest (simple and not compounded) at the end of the term of 2 or 3 years rather than on every year. If you had wisely invested in the markets (even alongside your cash) you should have fared a better return without locking in all of your capital.

Rather than end on a number of forecasts which I will publish in January, I'll leave you with a well-

known saying and a small joke.

The well known saying is from the famous philanthropist, John Paul Getty, and reminds us of the current financial issues surrounding banks:

"If you owe the bank \$100, that's your problem. If you owe the bank \$100 million, that's the bank's problem."

And the joke is:

A priest announced to his congregation: "I have good news and bad news. The good news is, we have enough money to pay for our new building program. The bad news is, it's still out there in your pockets."

A Merry Christmas and I wish each and everyone a Happy and Prosperous new year.

This article is intended to provide a general review of certain topics and its purpose is to inform but NOT to recommend or support any specific investments or course of action.

Raoul Ruiz Martinez is a resident and independent consultant for Finesco Financial Services Ltd., Glasgow and advises private clients on financial investments in both the UK and throughout Europe under MiFID regulation. He can be contacted at the offices of euroFINESCOs, a. either by telephone on 289 561 333 or on email Raoul.Ruiz@Finesco.com.

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EC wants broad-scale adoption of e-invoicing by 2020



The European Commission has revealed that it wants to see e-invoicing become the predominant method of invoicing in Europe.

In its Communication, 'Reaping the Benefits of Electronic Invoicing (e-invoicing) for Europe', presented by Vice-President Tajani and Commissioner Barnier late last week, the European Commission identified a set of tangible actions to make the uptake of e-invoices in Europe easier.

Providing invoice data electronically and in a simple format could allow businesses to benefit from shorter payment delays, fewer errors, reduced printing and postage costs.

Most importantly, structured e-invoices facilitate business process integration from purchase to payment, meaning that invoices could be sent, received and processed without manual intervention. Currently, exchanging e-invoices is often complex and costly, in particular across borders and for SMEs.

The Commission by the Commission addresses these obstacles and is complemented by a Commission Decision to set-up a European multi-stakeholder forum on e-invoicing.

Michel Barnier, Commissioner for the Internal Market and Services, said: "E-invoicing has the potential to make a big difference, for businesses, consumers, and European trade as a whole. The benefits in terms of saving time and money are fully in line with our Europe 2020 strategy and with the Digital Agenda for Europe in particular."

New flight routes announced for 2011



(BA) has announced it will be opening a route linking the Algarve to London in June next year. (Photo: Lusa / EPA / Andy Rain)

British Airways (BA) has announced it will be opening a route linking the Algarve to London in June next year, while Portugal's national airline TAP will increase its offer to European destinations.

BA is scheduled to open its new route between Faro and London City Airport on 7 June 2011.

With this new route, BA aims to diversify its choices and capture a segment of the market who reside in and around London. BA currently flies from Faro to Gatwick Airport, a route which has transported more than 110,000 passengers since it was inaugurated in 2008.

There will be three weekly flights on the new route on Tuesdays, Thursdays and Sundays which will be assured by the company's subsidiary BA Cityflyer with a 98 seater Embraer 190

plane. For more information, or to book flights, please visit their website at: www.britishairways.com.

Meanwhile, TAP has announced that it will be opening new routes to Athens, Vienna, Dusseldorf, Bordeaux, Manchester and Dubrovnik next summer.

"These are strong destinations in terms of business and tourism" said TAP President Fernando Pinto, adding that this will be a 17 percent rise in European

routes in a single year, "without new planes."

With the new routes, TAP's European network will be increased to 49 destinations. To Germany, the company already has routes to Frankfurt, Munich and Hamburg, which with the addition of Dusseldorf will increase the weekly flights to that country to 54.

Flights to France will increase to 154, with the addition of Bordeaux, while to the UK, there will be 75 weekly flights.

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Welcome to the Kangaroo Restaurant & Lounge Bar

As you can see from the name, Kangaroo Restaurant & Lounge Bar has many ties with Australia. Owner Joe and his wife Susie lived in Australia for over 20 years with Joe being the main chef at the world famous fish and chip restaurant Doyles, located in Sydney Harbour.

However, Joe has not just "hopped" back to the Algarve, he has been back a few years but recently only took over the premises on the Vale do Lobo road again after embarking on a few different projects during the past couple of years. Because of his past career Joe is a specialist in traditional fish & chips. The fish is lightly coated in Beer batter, cooked superbly and becomes a real Friday night treat priced at €9.50. In fact it is so good it can be an any night treat.

The evening menu also has other fish specialties that are of

course expertly cooked, and this time round Joe has varied the menu with succulent meat dishes and pasta.

Kangaroo is also open at lunch-times with a traditional and reasonably priced dish of the day. It really is good value and, if you pardon the pun, will not take much cash from your pouch!

The service and welcome is always warm and the Kangaroo Restaurant is a great place to go and have an excellent quality meal for a reasonable price and is also open all the winter.

Joe is certainly back with something different. Please feel free to try the new menu, new atmosphere and great surroundings.

Call Joe or Susie on 289 356 048 or email them at: kangaroo.restaurant@gmail.com. You can join them on Facebook just search for Restaurante Kangaroo until their website is finished.



Fair Trade Christmas trees have arrived

Georgia, one the poorest countries in Europe, is the main source of the Christmas tree seeds planted in Europe, providing around 90%. For decades the cone pickers have been risking their lives harvesting the seeds by hand under primitive conditions. Georgian cone pickers climb fir trees up to 30 metres tall in order to harvest the cones which carry the seeds and many work using no safety equipment whatsoever.

But things are different with Fair Trees®. Fair Trees® is the name of the Fair Trade approved seeds, plants and Christmas trees.

Fair Trees® advocates alternative solutions and is showing the way for new methods to improve working conditions for the Georgian cone pickers. They insist that all workers take a course on safety and that they use secure climbing equipment.

The cone pickers are provided labour insurance that covers the costs of occupational injuries as well as standard medical care. Furthermore, Fair Trees® supports various social initiatives ensuring education and development in the cone picker community.

However, Fair Trees® is more than a marketing ploy, it is a genuine social venture that covers all areas of production, nationally and internationally.

They are responsible for a totally new development within the Christmas tree business; they ensure that trees are produced ethically - that the workers at the lowest level in the supply chain receive fair wages and are fully trained with the latest safety equipment to the highest European standards; they guarantee top-quality seeds, prime seed-

caring staff. Language support is offered to those whose first language is not English.

To find out more about the school, visit www.aljezur-international.org.

You can discuss a place for your child at Aljezur International School by contacting us by email: info@aljezur-international.org, or by telephone: (+351) 967226059



New school in Aljezur

The historical town of Aljezur, in the Western Algarve, has gained a new jewel in its crown, raising its profile as an increasingly desirable location for the growing international community in the region.

Thanks to the vision of the teachers and local families, together with the support of Aljezur's municipal authorities, the long term goal was reached when Aljezur International School officially opened in October 2010.

Following the well-regarded "International GCSE" curriculum - adapted to the life and culture experienced by a truly international body of students and teachers in Portugal - the school teaches classes in English, while lessons in the Portuguese language and culture have a central position within the timetable.

The school's motto: "Education through Inspiration", defines the ethos at the heart of an

educational approach that combines focus on academic achievement with emphasis on inspiring and guiding students' growth towards becoming confident, conscientious and resourceful citizens of the world.

Aljezur International School ensures that its pupils' unique strengths and needs are acknowledged and as it maintains a high teacher to student ratio, it is able to focus on the development of each child as an individual.

The school provides students with the opportunities and support that enables them to flourish in all areas of school life - by teaching in small groups, and by maintaining a family atmosphere within the school where individual students' abilities are recognised and catered for.

All students are expected to participate fully in the academic and extra-curricular life of the school, and are supported throughout by experienced and



Pupils at the Aljezur International School

Quinta da Encosta Expands its Borders

Since 2004, Quinta da Encosta, one of the ancient wine producing quintas of the famous Carcavelos wine, has opened its doors to the public as an art gallery and concert producing venue. Some of Portugal's finest musicians and ensembles have passed through these doors in concerts from Artur Pizarro, António Rosado, Divino Sospiro, Gulbenkian Solistas, to name a few.

Recently the quinta is expanding its ideas to encompass not only master classes and conferences as in the past, but to actual training of both young, intermediate and adult musicians. The creation of an Open Academy for music lovers to go and learn an instrument and at the same time be

able to confer and collaborate with great musicians is the idea behind the new *Academia de Musica da Quinta da Encosta*. Courses will be offered at very reasonable prices, competitive to the private music schools and lessons in the area and offering scholarships to deserving students. The co-director is Alexandre Rabinovitsj, the son of the former maestro of the Gulbenkian orchestra, Max Rabinovitsj. Alexandre is composer and pianist and now new director of this joint adventure with Encontros Musicais and the Quinta da Encosta.

For more information please contact Largo Vasco d'Orey nº4, Quinta da Encosta, Sasseiros, Carcavelos Tel 214577541 - 912938074



Pop-up shop promotes giclée

Located in an historic vaulted building in Boliqueime, an eclectic exhibition promotes the revolutionary process of giclée. Open until 19 December the display includes paintings by artists Jessica Dunn and her father, Clive.

Better known as Corporal Jones in 'Dad's Army', Clive is also an accomplished artist. An oil painting from his Arctic Circle series has been reproduced on canvas using the giclée method. It exemplifies the process, precisely replicating the colour of the original as well as giving the appearance of texture.

The French word giclée - pronounced zhee-klay - means a spray or spurt of liquid. In the case of a giclée print this is produced using archival quality inks on canvas, fine art or photo-base paper. It rivals all other printing processes and the work is produced by an experienced and well known photographic team previously based in London.

The quality is so fine that per-

manent displays of giclée prints can be seen at New York's Metropolitan Museum of Modern Art, the Chelsea galleries and Galeria Corte-Real in Paderne.

Giving the general public a first-hand opportunity to see what giclée can achieve, the team - known as Giclée Portugal - intend to mount more exhibitions across the Algarve. They are currently seeking temporary premises of historical interest to open pop-up shops in Carvoeiro and Lagos.

The exhibition in Boliqueime is situated across the road from the village church. Visitors are offered a complementary glass of wine and a mince pie in a convivial atmosphere. Discount vouchers are also provided for three local restaurants.

Opening hours - 5pm until 8pm (until and including Sunday December 19th) Giclée Portugal is based in a studio in Tavira, Telephone - 281 328 033 & 917 268 536

Carolyn Kain

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The Giclée Portugal team with Jessica and Clive Dunn (right) (Photo : Peter Kain)




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An Orthodox Christmas

Eloise Walton

Thousands of Eastern European immigrants as well as other nationalities who are part of the Christian Orthodox faith follow the Julian calendar in which Christmas falls 13 days after the more widespread Georgian calendar.

According to statistics published by Portugal's immigration and border control authority SEF, Ukrainian nationals represent the second highest foreign community in Portugal, after Brazilians. The latest figures show 52,293 Ukrainians in Portugal, representing 12 percent of foreign residents. There are also more than 20,000 Moldavian nationals currently legally residing in Portugal, representing 5% of the country's foreign population, many of whom also celebrate the Orthodox traditions.

Olga Garasemshuk, Vice President of the Lisbon-based Association of Ukrainians in Portugal told *The Portugal News*: "Each year we have a big celebration in Lisbon, which includes a Ukrainian church service that this year will be televised by the Portuguese channel RTP1."

Pavlo Sadokha, President of the Association told *The Portugal News*: "More than 600 are expected to take part in this year's festivities, which are to

take place at the Pedro Santarem School in Lisbon."

Each year, the celebration party is free of charge and includes traditional songs, a play about the birth of Jesus and Ukrainian foods.

In previous years, the association organised Christmas celebrations in Praça Martim Moniz in Lisbon, which the Town Hall allow us to use for free, but then we have to pay a lot for tents and a stage and the weather can be very bad," said Mr. Sadokha.

Traditionally, Orthodox Christians follow a strict diet 40 days prior to the date they believe Jesus to have been born, with no meat or rich foods allowed.

When the first star can be seen in the sky on the evening of January 6, the Orthodox Christmas Eve, the meal can begin. This is a feast of 12 dishes, one for each of the 12 apostles. Traditionally no meat is allowed, with typical dishes including stuffed cabbage rolls known as 'holubtsi', beetroot soup or 'borsch', various salads, 'vareniki' dumplings stuffed with fried onions, pickled cabbage, cheese, or mushrooms.

'Kutiya', a sweet dish made with wheat, honey, poppy seeds and nuts is also a traditional part of the feast.

As well as the food, there are



Ukrainian people hold an ice water bath in Kiev during epiphany on 19 January, celebrating the baptism of Jesus in the River Jordan. Due to the lack of frozen rivers or lakes in Portugal, many immigrants go to the beach. Photo: (EPA/Sergei Ilinsky)

also a number of traditions associated with Christmas Eve. Wheat is typically placed under the table cloth, to represent Jesus being born in a stable, three candles are also placed on the table to represent the three kings and in some households a dish of kutiya and a candle are set aside for deceased relatives.

People from Poland and western Ukraine also often set out an extra plate and chair at the table for anyone unexpected to be accepted as a guest. It is believed that he may be Jesus and should be welcomed.

"The Eastern Orthodox Christmas lacks the commercial side that is typical of the west. Families do not normally give out gifts at Christmas on January 6 or 7, as these are brought by Santa Claus and the Snow queen 'snihurka' on New Years Eve," said Ivan Slyzhuk, a Ukrainian national who moved to Portugal in 2000.

"In some households, each

person must perform a dare, sing a festive song or recite poem before receiving their gifts," he added.

Following January 6 and 7, further festive days are celebrated

in Eastern European countries culminating on Saint Jordan's day on January 19, when Jesus is believed to have been baptised.

"Although we are far from home, we do celebrate our Christ-

mas as a community each year, although we don't always have time off on 7 January as it's not a public holiday in Portugal," said Ukrainian national Vitaliy Kuhta.

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Wikileaks cables reveal UK police “developed” McCann case evidence



The British police “developed the current evidence against” Madeleine McCann’s parents, according to a Lisbon US embassy cable published by Wikileaks.

In the cable, the US ambassador Al Hoffman describes what his UK counterpart, Alexander Ellis allegedly told him.

The cable reads: “Madeleine McCann’s disappearance in the south of Portugal in May 2007 has generated international media attention with controversy surrounding the Portuguese-led police investigation and the actions of Madeleine’s parents.”

“Without delving into the de-

tails of the case, [British Ambassador Alexander] Ellis admitted that the British police had developed the current evidence against the McCann parents, and he stressed that authorities from both countries were working co-operatively.”

It continues “He commented that the media frenzy was to be expected and was acceptable as long as government officials keep their comments behind closed

doors.”

The meeting between Al Hoffman and Alexander Ellis, took place two weeks after Kate and Gerry McCann were formally declared *arguidos*, or suspects, by Portuguese police in the case of their daughter who went missing from Praia da Luz in May 2007.

The McCanns have said that there was “absolutely no evidence to implicate them in Madeleine’s disappearance whatsoever.”

Wikileaks began publishing more than 250,000 leaked United States embassy cables last month, the largest set of confidential documents ever to be released into the public domain. The documents will give people around the world an unprecedented insight into US Government foreign activities.

The cables, which date from 1966 up until the end of February this year, contain confidential communications between more than 270 embassies across the world and the State Department in Washington DC.

Meanwhile, 39 year-old Julian Assange, the founder of Wikileaks was granted bail at City of Westminster Magistrates’ Court in London on Tuesday on the condition he provides sureties of £240,000 in cash. Despite many high profile supporters, some of whom joined members of the public outside the court this week to campaign for his release, he is being forced to remain in Wandsworth Prison pending an appeal against his bail by the Swedish authorities. The appeal was due to be heard at the High Court on Thursday.



Kate McCann, mother of missing Madeleine McCann, during a press conference held after a meeting with their Portuguese lawyers in Lisbon on 10 November. (Photo: Lusa / João Velvas)

Perception of corruption on the rise in Portugal

An overwhelming majority of Portuguese think that corruption has increased in their country during the past three years, according to a study conducted by Transparency International.

The group’s Global Corruption Barometer released this month, showed 83% of Portuguese consider corruption has risen at home since 2007 in contrast to an average of 73% of respondents in the other 24 European countries studied.

The government measures to fight corruption are also not seen in a good light by the public as 75% of Portuguese surveyed said they are insufficient.

Political parties were the institution viewed as most corrupt in Portugal, followed by parliament, the private sector, the judicial system, police and the media.

This study, published on the International Day to Combat Corruption was responded to by more than 91,000 people in 86 countries.

“This worsening of people’s perception of corruption in Portugal, is in part due to corruption scandals involving politicians and business people from the financial sector being more

widely exposed in the media,” said Luis de Sousa, President of *Transparência e Integridade* (TIAC), which is Portugal’s link to Transparency International in Portugal.

According to the study, three percent of those surveyed said that they had paid a bribe in the last 12 months. This is not a very high value compared to other richer European countries such as Switzerland, the UK, Norway, Holland, Germany, Finland and Denmark, with Mr. Sousa believing that in Portugal “nepotism” is the most common form of corruption over bribery.

On the other hand, more and more people in Portugal think that the government’s fight against corruption is ineffective, increasing from 64% of those surveyed in 2007 to 75% in 2010. According to Transparency International, the increased feeling of corruption in Portugal and it being inefficiently tackled were the cause of the country having its position lowered on the Corruption Perception Index (IPC).

The Armed Forces, the educational system and priests were those seen as least corrupt in Portugal.

China “believes” in Portugal

China “has clearly shown it believes in Portugal” and will “increase” its financial support to the country, Portuguese Finance Minister Fernando Teixeira dos Santos said on Tuesday while on a visit to Beijing.

“We made a great leap forward in strengthening our ties on every level, both in trade and investment, and also in financing”, Teixeira dos Santos told Lusa News Agency.

The Finance minister spent two days in Beijing this week where he met his Chinese counterpart, Xie Xuren, and central bank governor Zhou Xiaochuan.

Teixeira dos Santos wouldn’t

comment on specifics about China’s intention to purchase Portuguese bonds, as suggested by Chinese President Hu Jintao during his November Lisbon trip. He did however describe China as a “globally influential partner” that “believes in Portugal”.

“China will continue to support Portugal”, Teixeira dos Santos said. “China believes in our effort to consolidate public finances.”

Meanwhile, Portuguese Prime Minister José Sócrates told Lusa News Agency this week that an International Monetary Fund (IMF) paper shows that Portugal is “on the frontline” of budget

consolidation.

The paper was published by a group of IMF economists and doesn’t necessarily reflect the organisation’s official views; according to it, out of 25 major economies, Portugal will be the country with the least need for fiscal adjustment until 2020, provided Lisbon meets its deficit goals up to the end of 2013.

“This data confirms what I have been saying: Portugal is on the frontline of those countries achieving a fast budget consolidation, and our social security reform is a structural reform which will have a major impact towards balancing the public accounts”, Sócrates said.

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Top 10 Christmas Gadgets – Part 3



When purchasing gifts for Christmas this year, do not overlook the suitability of Christmas gadgets. In modern-day life, gadgets such as electronic hand-held devices are a common part of everyday life and over the years, more and more people have become accustomed to using technology in their everyday lives



Amazon Kindle

If you have been waiting to justify the price for making the leap from paperback to e-ink – then the wait may be over. Amazon has finally arrived at an e-reader product that not only slays its current competition, but also feels ready to meet the mainstream masses. With the Amazon Kindle (third-generation), Amazon addresses many of the transgressions of earlier Kindle iterations, such as relatively heavy weight, slow page turns, and finger-unfriendly button designs.

Amazon's third generation of the Kindle is not only more affordable, it's also really adorable. Its form factor is smaller and slimmer than the previous Kindle models and now truly makes a great travel companion, whether you are re-

laxing on the beach or sitting on a plane.

The device shows no evidence of corner-cutting and Amazon have beefed up the specification by doubling the available storage to just over 3GB, improving the clarity of an already excellent display and increasing the refresh rate for a slicker experience. The Kindle uses the new E Ink Pearl panel, and it's just as comfortable on the eyes as words on a page, even in direct sunlight.

The Amazon Kindle is also super light in your hands and feels more along the line of a paperback book in terms of weight. The new soft rubberised back enables you to hold onto it with a more secure and comfortable grip.

Now you may be wondering, with the iPad selling millions, why

the new Kindle really isn't much different from the old one, simply being smaller, lighter and faster – however, there are various factors that Amazon have undoubtedly taken into account when they created the new Kindle:

The iPad is cumbersome in comparison, and also does not view well in the sun. One huge selling point for the new Kindle is that it is smaller and fits easily in one hand; a second selling point is the fact that it has superior technology that allows you to read the books in the sun. There's no doubt that overall the iPad is the superior product but for those simply wanting an e-reader it's going to be hard to beat the Kindle.

Price – Amazon have priced the Kindle in a range where most people will be able to afford it with-

out really having to think about it. Buying an iPad is a commitment and an expensive one at that, whereas at €130 the Kindle fits into most budgets pretty easily setting it up for a bumper Christmas – the iPad may be the device that everyone wants, but with this economy it may be the Kindle everyone gets! We may all want a Ferrari, but we all end up with a Honda!

Books – Amazon doesn't really care what device people buy as long as they increase the number of devices that can read their e-books – they have a Kindle application for all the main computers as well as the iPad – while they will make some money on the Kindle, they are more interested in increasing the sales of eBooks – this is where they are going to make the real money.

Aiptek 3D HD Camcorder

If I had to choose a single new technology which has really caught the eye this year it would be the developments in 3DTV technology. Not just because it's actually pretty good, but also because of the potential it brings and the debate that it sparks. So, what better gift this Christmas to cap off the year than a 3D camcorder?

Enter the Aiptek 3D HD Camcorder. It will set you back €230, but when you consider the diminutive form factor and the fact that it shoots 1280x720 3D HD video, you can switch between 2D and 3D on the fly, as well as capture stills and movies interchangeably, it is actually not a bad price for these kinds of features.

What's more, the 2.43 display on the device features a built-in 3D filter so you won't need to wear ridiculous glasses to see exactly what you're shooting. Also, if you want to watch the 3D movies on your PC, you can do so by wearing the included red/cyan glasses that allow you to view said footage on a 2D display.

Aiptek have also included a flip-out USB connector on the device so you can keep your connectivity with you and transfer movies on the go.



It is powered by a rechargeable battery that provides 1.5 hours of recording time and movies are saved automatically to a memory card (SD/SDHC/MMC).

The Aiptek 3D HD Camcorder also features a built-in microphone as well as a speaker, so you can obviously capture audio as well and listen back to it while out and about.

All of this for €230 has got to be an idea for a Christmas gift this year if you know anyone who just wants to add an extra dimension to their archived memories.

Logitech Squeezebox Radio

Wi-Fi internet radio systems have become a popular household tech item due to their convenience, affordability, excellent sound quality and access to thousands of free internet radio stations. The Logitech Squeezebox Internet Radio is one of the best Wi-Fi internet radios available due to its numerous features, great sounding speakers and bright LCD screen.

This latest addition to the Squeezebox family is built smaller than the Squeezebox Boom and is less expensive, yet packs a lot of exciting features in a compact space.

Upon listening to the Squeezebox for the first time I was impressed by the sound quality of such a small device. The speaker quality is not as good as a Bose music system, but provides playback for HD music, and allows users to appreciate the clean sound of their music without dis-

Logitech Squeezebox Radio



tortion. The Squeezebox has an integrated HD tweeter and long-throw subwoofer, which allows for a great sounding experience. Logitech has also added a 2.4-inch colour display, which is absent on the Squeezebox Boom along with six preset buttons that allow one touch access to favourite radio stations and/or playlists.

Logitech also provides an ambient light sensor in the Squeezebox Radio which adjusts the brightness according to the environment.

For the social networking types, the Squeezebox Radio features Facebook connectivity allowing the user to check Status Updates or send music recommendations. Besides these new features, the Squeezebox Radio has all the other capabilities of prior Squeezebox devices including network access to your home music connection, Internet Radio and Music services like Pandora, Rhapsody, Slacker and SIRIUS.

Out of the box, the Squeezebox can playback MP3, FLAC, WAV, AIFF, WMA, Ogg Vorbis, AAC, Apple Lossless audio. Other formats can be played via transcoding performed on the server PC. Built into the Squeezebox Radio is an 802.11G antenna which supports WPA Personal, WPA2-AES, and 64/128-bit WEP encryption. The Ethernet connection is a 10/100 Mbps version, sorry no gigabit connection, but you really don't need it for streaming audio.



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A cracker of a Christmas party

A party was held on Saturday, 4 December at the Holiday Inn, Armação de Pêra.

The Angels Theatre Group performed their Christmas Cracker Show for one night only, to a large and enthusiastic audience, most of whom had arrived sporting festive headwear.

The Holiday Inn supplied a full buffet with wine.

The angels on the Tombola tree were made specially by the Junior pupils of The Colégio Internacional de Vilamoura. The evening started in tradi-

tional style with the Salvation Army Band and Singers from São Brás de Alportel, ensuring everyone entered into the Festive Spirit.

From then onwards the audience was treated to a spectacle

of poems and songs, that included Santa, Elves, a Toy Soldier, a Snowman, Angels, a Nativity play and children from the Algarve Juniors, all introduced by the Fairy Queen played by Marion Griffiths.

The Angels costumes were made by Andrena Sharpe.

The audience were encouraged to sing - a -long to carols and pick festive jokes out of the large Christmas cracker.

The Grand Finale, was The Twelve Days of Christmas.

Each table was designated a "day" and competed to loud and boisterous help from the cast to give the best and loudest chorus.

The live music was provided by Mary Legg on the piano.

The Angels Theatre Group entertain for Charity.

Their current beneficiary is Centre Algarve. This is a project to supply holiday accommodation for people with Special Needs.

The Angels are happy to announce that they are now in



Left to right: Marion Griffiths, Capt Kent Ringborne and Joy Behennah

a position to spend €5,000 on the Centre. Further info can be ob-

tained by visiting: www.angels-theatre-group.com www.centrealgarve.org

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Reply to J. Clare's letter

SIR, John Clare's letter is excellent and right, (Portuguese debt, ours if we live here!) regretfully, so is Carla Bird (English at school,) but particular as she is Portuguese, I regret to tell her that the reasons are in fact policy; English is discouraged, especially by politicians but others who should know better as well. The deeply held, often unconscious view is that Portuguese is the only language and must be promoted/pushed. You can see this in Town halls charging huge fees for a licence to publish posters, signs on vans etc., if the language is English. Discrimination against businesses trying to reach their target market. You can see it in everything from events to programmes; from tourist signs in Albufeira to public TV screens in Portimão; and Silves is terrible, expressed in a comment, "its too much trouble," (to be bilingual,) and a failure of the Mayor to see the problems. A failure to understand our tourist markets, business and our need to succeed in the EC. A deeply held view, blindly and wrong, that all tourists/residents are Portuguese. Funnily enough, Portuguese who have lived abroad, like Carla Bird, cannot understand the attitude, it is, of course, illogical but held by many. (NOT all.)

I am glad that the tourist authorities recognise that our prime markets are first or second language English speakers but if their new campaign is to work, they must get town halls, who they are there for, to change their attitudes; and quickly. We need

to look carefully at what our visitors want, to look at niche markets from walking to older winter visitors; in short supply the winter.

Your correspondent, Michael Baugh may well have his own axe to grind as he utterly fails to grasp the concept of healing in the Holy Spirit. It is about the whole person, holistic. Some solo healers do practice an instant healing but this is not biblical or correct. He in fact portrays himself badly; petty, uninformed, trying to make a cheap point without knowledge. There is information out there; a priest, the Burrows Fellowship etc.

D. TAYLOR-SMITH, Algarve

Ref. Air passenger's rights

SIR, Since I have been unable to get a straight answer from anyone at easyJet regarding their refusal to pay compensation for the cancellation of an easy Jet flight on which I had booked a seat, and their inability to get me to my destination within the EU, I found your article headed 'New rights for passengers travelling by water' rather ludicrous.

The reason easyJet refused to pay was that they were a point to point carrier and that EU regulation 706 / 2004 gave them the right to refuse payment.

So perhaps you could write an article explaining how the passengers travelling by sea etc., can enjoy the same rights as the air and train passengers and obtain reimbursement?

B. SPARKS, Turcifal

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We asked a leading travel agent for their opinion: "Without knowing the full story it's hard, but to my knowledge the law says that if the airline cancels the flight it has to give you a full refund or put you on the next available flight (you choose which one you prefer). If that means long periods of time they have to feed and accommodate you while you wait. They are only

obliged to refund you the value paid for the flight and if you have had other costs this is where your Travel Insurance kicks in. "EasyJet are proving to be a good quality low-cost airline and I find them very pleasant to deal with now. They spent the first years building the company and not being very helpful but now they are established they are concentrating more on customer

service and quality." Ed.

'Why pick on Portugal?' article - 27.11.10

SIR, I would like to compliment you on your 'outstandingly' written and clear articles on page 4 of the excellent - even for a Dutch reader - **Portugal News**.

Both articles ('Is Portugal next in line for a bailout?' and 'Comment. Why pick on Portugal?') give a good insight that statistics or figures in comparison do not seem to matter, but 'politics', the banking system as well as big investors - like pension funds and hedge companies - can create in their way of accruing extra profits off the backs of individuals! It seems to be a free for all and the clever est/strongest will always win?

Thanks and success with following articles.

HERMAN GENET, Casas da Audiência

This and that

SIR, Ron Lavery quotes James Mitchener about writers (27 Nov). A really nice guy. He once gave me a lift when I was bumming through Spain millions of years ago. And if anyone has a copy of his book, Iberia I would very much like to borrow it for a day, there is a name in it which I want to retrieve for one of my books.

As to Mr. Lavery's view of poetry. It certainly is not the majority one, despite what he thinks. Any definition of the genre which does not include the Norse sagas, most of the ancient bardic stories, Homer, Virgil, Beowulf, and (good grief) 90% of Shakespeare's writings has got to be unusual to say the least. His definition also includes

100% of the doggerel ever written. Okay, why not come clean and say you just don't like the stuff. Just because you don't like a poem doesn't mean it isn't one.

Shelagh Ferreira's final words spoken in jest in her letter of the same date hit a rather nasty chord. She said of an American cop "Might his hand hover above his gun while he tries to work out what this Un-American person wants from him? Haha - only kidding."

I have recently been host to a lady who used to be a police officer. She told us of an incident she was involved in while in the US when a guy from Eastern Europe landed at an airport to visit his family, but spoke no American. He waited for someone who was supposed to meet him. Eventually after several hours with no assistance he approached a policeman. The cop, not understanding a word, and thinking the guy was a terrorist (after all he spoke a weird language) pulled his gun and shot him dead.

If you want to know the way, don't ask an American cop. But things are worse now. The government authorises people to grope you and your kids' genitals. I think they call it the land of the free. Best to avoid the place altogether.

JOHN CLARE, Arão

Portuguese for Beginners

with Emília Rosendo



LESSON 48

"deles" - their (plural)



Erratum - In lesson 47, where one reads "O vosso aquecedores", one must read "Os vossos aquecedores".

Read the sentences which follow:

O desporto deles é ténis. ► *Their sport is tennis.*
A profissão deles é dura. ► *Their job is hard.*
Os desportos deles são golfe e dança.
► *Their sports are golf and dancing.*
As profissões deles são interessantes.
► *Their jobs are interesting.*



Write the correct ending and answer as in the example:

A Ana e o Rui têm um cão pequen____, um carro branco____, uma bicicleta nov____, dois telemóveis velh____ e duas gatas pret____. O Paulo e o André têm um cão médi____, um carro pret____, uma bicicleta velh____, dois telemóveis nov____ e duas gatas amarel____.

► O cão da Ana e do Rui é grande?

Não, o cão deles é pequeno.



- a) O cão do Paulo e do André é médio?
- b) De que cor é o carro da Ana e do Rui?
- c) O carro do Paulo e do André é branco?
- d) A bicicleta da Ana e do Rui é nova?
- e) A bicicleta do Paulo e do André é nova?
- f) Os telemóveis da Ana e do Rui são velhos?
- g) De que cor são as gatas do Paulo e do André?

Read and answer:

A Ana e o Rui gostam de futebol, de peixe, de chá e de café e também de jazz. O Paulo e o André gostam de natação, de carne, de vinho e de cerveja e também de música clássica.



- h) Qual é o desporto preferido da Ana e do Rui?
- i) O desporto preferido do Paulo e do André é remo?
- j) Qual é a comida favorita da Ana e do Rui?
- k) A comida favorita do Paulo e do André é marisco?
- l) Quais são as bebidas preferidas da Ana e do Rui?
- m) Quais são as bebidas favoritas do André e do Paulo?
- n) Qual é a música preferida da Ana e do Rui?
- o) A música favorita do André e do Paulo é rock?

Completed exercises can be corrected either by scanning the hardcopy onto your computer or copy and download exercises from our online pages at: www.theportalnews.com. Send it/them as an attachment(s) via e-mail to: lessons@theportalnews.com. Emília Rosendo will then correct and return to your e-mail address.

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Police protest in Lisbon against broken promises



Around 150 members of the security forces union protested in front of the Portuguese Prime Minister's official residence in São Bento on 14 December in a bid to force the government to "obey the law" and follow through with measures promised to the police.

Paulo Rodrigues, President of the police union (ASP/PSP) told Lusa News Agency that the unionists want the government to put into practice the laws that they created, namely updating promotions and salaries.

He added that despite various requests for meetings with the Ministers of Internal Affairs and Finance as well as the Prime Minister, no one has yet replied.

"All we want is for the law to be carried out, pure and simple," he said, adding that the situation has turned into a mess and the courts should "force" the government to comply with the laws that it created and approved.

In relation to the proposed budget cuts for 2011, Mr. Rodrigues said that the coun-

try's police are "worried that they won't receive a wage in November and December" or that they will have to "stop working".

He explained that the problem is that the budget covers everyday spending for equipment and salaries, but next year, the budget is "so small" that it may not be enough for the police forces to guarantee that they can do their job properly.

"At first it will be the police who suffer with these measures, but then it will be the population who have to pay the price," he said.

Members of the security forces union have said that they will continue to protest until their demands are met. As well as the PSP police, the protest also included

GNR, maritime, prison and border control police.

The criminal investigation police (PJ) are also due to go on strike this month until 15 January, with work outside of normal working hours on weekdays between 5.30pm and 9am and all day on weekends and bank holidays being stopped. This was announced this week by union spokesman Carlos Garcia, following unsuccessful talks between the PJ union and the government.

Members of the police union protested in front of the Portuguese Prime Minister's official residence São Bento, Lisbon on 14 December.
Photo: LUSA/Manuel de Almeida



Thousands of pets abandoned on the streets of Lisbon

More than 2,000 cats and dogs were abandoned on the streets of Portugal's capital last year, only 183 of which were collected by their owners who searched for them or notified by the municipal police to collect them from the municipal kennels.

As well as the animals removed from Lisbon's streets, a total of 951 dogs and 447 cats were deposited at the Monsanto municipal kennel last year by their owners who no longer wanted them.

Before being put up for adoption, the animals are placed for eight days on a 'waiting list' to see if their owners would come to collect them or be notified by the authorities, said Lisbon Town Hall's head of hygiene and sanitation, Luisa Costa Gomes. "Sometimes all the contact details are false and owners do this so as not to be notified," she added.

Around 14 dogs listed as 'lost' are currently on the Town Hall website, waiting for their owners at the municipal kennel, but the majority of people

who arrive come to deposit an unwanted animal. "Many owners come here, but it's often to bring a pet, unfortunately," said Luisa Gomes. "The dog wees" or "chews things", as well as "allergies" are the most common excuses given to kennel staff by pet owners who no longer want the pedigree puppy or cute kitten that has grown up.

In terms of adoption, 38 percent of the animals deposited last year were given a new home, either by people looking to offer the pets to a child or other relative or by animal rights sympathisers.

For more information about abandoned animals in Lisbon, visit their website, available in Portuguese only at: <http://lisboaolimpia.co-lisboa.pt>.

Bairro Alto celebrates 497th anniversary



Lisbon's Bairro Alto district celebrated its 497th anniversary on Wednesday. This is the first time that the district has marked the day, with a variety of activities organised to commemorate permission to build the first houses in the area, almost five centuries ago.

Historic walks took place throughout the district, which included the headquarters of newspapers and magazines that were once produced in the area, considered in the past to be the capital of Portuguese journalism.

A social lunch was also held

for residents of the Bairro Alto, as well as a talk about the history of the area, live music and street entertainment in the evening.

Until 31 December, the Hemeroteca Municipal in Bairro Alto is hosting an exhibition of 17th, 19th and 20th cen-

tury publications produced in the area, while the youth space of the Town Hall is hosting a historical photography exhibition about the Bairro Alto.

This initiative is was organised by Lisbon Town Hall, the Commercial Association of Bairro Alto and the Parish councils of Encarnação and Santa Catarina.

Almost €50,000 seized in drug trafficking raid



Four men and one woman suspected of belonging to an organised drug trafficking ring were arrested in the Serafina area of Lisbon last week.

According to a PSP spokesman, the suspects, aged between 24 and 41 live in Guarda, northern Portugal and travelled to Lisbon to buy drugs "to then sell cocaine and heroine directly to a select group of consumers."

"The sale was made by telephone contact, where appointments would be made for deliveries in various locations, especially near to the clients' or suspects' homes," read a statement from the PSP, adding that the investigation, which lasted eight months culminated in "an important drug trafficking network that had been operating from the Bairro da Serafina coming to an end."

During the raid, the police seized a total of €49,890, two vehicles, 4.68g of cocaine, and 79.39g of heroine and 13.68g of liamba. A firearm that had been stolen in March was also retrieved as well as 140 bullets and drug paraphernalia.

The suspects, some of whom already criminal records for previous drug related offences were taken to court for a preliminary hearing.

Meanwhile, seven convicted felons were sentenced on 9 December to jail terms spanning between three and a half years and seven years and nine months by the Lisbon criminal court in a drug trafficking case taking place between Brazil and Portugal.

The culprits, three of whom worked for airlines were involved in transporting cocaine from Brazil to Portugal.

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VIP airport parking at low cost prices

A new car parking service has been opened at Lisbon Airport this week, representing a one million euro investment by Iberian companies Imoparques and Lavacolla.

According to Lavacolla spokesman Fernando Perez, the service is "VIP, but with low cost prices."

Clients can book their airport car parking online or by telephone, stating the time that they will arrive, when a member of staff will receive the key and park the car on the client's behalf.

The car key is then placed in an envelope that has all of the clients details inside, while a Segway equipped with a camera records the handling of the vehicle, which is kept on a central computer.

Upon the clients return,

the company ensures the flight's arrival time is monitored, or the client can simply telephone and wait a few minutes for the car to be brought to them.

While the client is away, the car is parked in a car park in Prior Velho around 2.5 kilometres from the Lisbon Airport, where it is photographed and washed.

Fees for this service are 12 for the first 48 hours, seven euros per day for the third and fourth day of parking and five euros per day thereafter up to twenty days, although the bill will not exceed €108.

Around 40 jobs are expected to be created by this

new airport parking service within six months, with a further 40 by the end of 2011.

According to Imoparques spokesman José Matos, the possibility of a new airport being built for Lisbon does not worry the companies who set up the service because they have the knowledge required to rapidly transfer their operation should they need to.

On Wednesday, the Iberian partnership presented its €2.5 million project for Madrid, with plans to expand the service to Oporto and Barcelona as well as other EU countries, also being discussed.

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SPAR International Retail Development Manager David Moore (left) and store Manager Dr. Carlos Cabrita, inaugurated the new Portimão SPAR on 13 December. (Photo: Eloise Walton/TPN)

New SPAR shop opens in Portimão

Eloise Walton

The new store, located near Portimão's riverside area is the second opened by franchisee Carlos Cabrita.

He told *The Portugal News*: "This is our second store, with the first having been opened in the centre of Albufeira, but we are looking to open more in the Algarve."

He added: "These stores are for people's basic everyday needs and include a butchers counter, fresh fruit and vegetables, a bakery and a take away section."

The new SPAR in Portimão, which covers an area of 360m² and has 12 employees, also has a juice and smoothie bar as well as a 'Lets Celebrate' section. "This is a new concept for stores in Portugal that features a range of gourmet products and chilled drinks so that people can pop in and fetch what they need for a celebration such as a birthday or

anniversary for example," said Mr. Cabrita.

Founded in Holland in 1932, SPAR is currently the world's largest supermarket chain, with more than 12,000 shops in 34 countries across the world, which employ around 250,000 people.

David Moore, Retail Development Manager for SPAR told *The Portugal News*: "There are currently 45 SPAR stores open across Portugal, the first of which opened in Aljezur in the western Algarve in December 2007."

He added that the franchise is planning to expand the number of stores across the country up to 70 in the near future, with the next scheduled to open in April 2011 in Oporto.

"One of our largest stores in Portugal opened in Vilamoura earlier this month, while the one in Oporto will be the furthest

north in the country," he said.

According to Mr. Moore the brands expansion despite the current economic crisis "is a reflection of the strength of the business" with its key to success based on its "reinforcement of its key pillars: service, freshness, value and quality".

Despite being a global franchise, each SPAR features a range of products that cater for local tastes in each region or country.

"As we are in Portugal, there is an extensive range of meat and also cod fish in the stores, although British, German and Dutch customers will also see the basic SPAR products that they would find in any other of our shops," said Mr. Moore.

SPAR in Portimão is located in Largo do Dique, Edifício Casa do Rio, Loja L and is open from 8am until 8pm. For more information, please visit their website at: www.spar.pt.

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Thousands of cigarettes seized from ferry in Portimão

Around 82,000 cigarettes have been seized by the Portuguese authorities which were hidden in eight suitcases belonging to four passengers off a ferry in Portimão port.

According to a statement from the Ministry of Finance, the cigarettes from the brands Marshall, Ducados and Pall Mall "have a commercial value of around €14,385" and their illegal sale in Portugal would cause the "government to lose around €11,360."

The four passengers who smuggled the contraband aboard the Volcan di Tijarafa ferry, which sails regularly between Portimão, Madeira

and the Canary Islands were all of Columbian nationality.

This year, more than four million contraband cigarettes have been seized in Portimão, with a commercial value of more than €750,000.

According to the Ministry of Finance, the high volume of illegal cigarettes being seized in Portimão confirms "a flow of contraband tobacco from the Canary Islands."

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Friday 17 December at 6pm

Gorjoes, Sta Bárbara de Nexe St Luke's Church
Sunday 19 December at 6.30pm

Praia Da Luz Nossa Senhora da Luz
Sunday 19 December at 6pm

Boliqueime Igreja Matriz Sao Sebastiao
Tuesday 21 December at 7pm

CHRISTMAS EVE

Almancil Nossa Senhora de Fátima 11.00pm
Praia Da Luz (Nb ... Service At Espiche) 11.00pm

CHRISTMAS DAY

Gorjoes, Sta Bárbara de Nexe St Luke's Church 10.30am
Praia Da Luz Nossa Senhora da Luz 11.00am

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Foreigners outnumber national workers in Algarve agriculture



Foreign workers far outnumber the Portuguese in regional fruit picking, according to local producers, who say they have difficulty in recruiting national workers, who often take sick leave or don't turn up for work.

Preference for jobs in tourism, commerce or service industries, the allure of unemployment benefit and the fact that working in agriculture is still considered precarious and physically hard are all factors that discourage national workers from taking jobs in that area.

Due to the difficulty in hiring fruit pickers, several local producers have even travelled to Morocco to carry out recruitment drives, although once the new employees passed the visa application system, the crops had been lost.

The majority of fruit pickers in the Algarve who work either full time or during the picking season are immigrants from Eastern Europe such as Ukrainians, Romanians and Bulgarians, although there are also Moroccan and Thai workers.

Joaquim Castelhão Rodrigues, regional Director of Agriculture and Fishing told Lusa News Agency that there is great difficulty in hiring national workers who "refuse" employment in this industry.

Eduardo Ângelo, President of fruit production company Uniprofrutal said that for every 10 people needed to pick fruit, only one is Portuguese, with more foreign workers representing already more than half of the workforce.

The allure of unemployment

benefits is the biggest competition according to the General Manager of the Hubel group, Humberto Teixeira, who told Lusa News Agency that almost every attempt to recruit people at the job centre is thwarted.

He added that more than half of people selected from the job centres arrive at interviews with a "complete lack of interest" and they sometimes threaten potential employers "asking them not to select them."

"People selected from job centres to work in agriculture do not have a culture of responsibility," said Mr. Teixeira, adding that the current system provides "advantages to being unemployed."

The same problem has been encountered by the Agricultural Cooperative of Algarve Citrus Fruit farmers (Cacial) whose members are finding themselves forced to recruit foreign workers to avoid losing their crops.

According to Cacial spokesman Horácio Ferreira, the few Portuguese who accept work as fruit pickers are those who take the most time off, which doesn't happen with foreign workers, and many also quit their jobs just as the picking season begins.

"If it wasn't for foreigners, in times of crisis, I don't know what we would do," he said, adding that while the Portuguese don't turn up or put in sick leave, foreign workers even offer to do overtime.



Strawberries from greenhouses in Patacão, near Faro, are picked by immigrant workers before being exported across Europe. (Photo: Luís Forra/LUSA)

DON TORO ANGUS STEAK HOUSE

New Year Menu

Aperitif	€35	Aperitivo
Bruschetta w/red pepper & rocket		Bruschetta c/pimenta vermelha & rucola
Russian salad		Salada Russa
Fillet Mignon w/roasted new potatoes, green beans in blankets + Don Toro sauce		Lombo c/batata assada, feijão verde envolvido em bacon + molho Don Toro
Chocolate mousse duo, on raspberry sauce		Duo de mousse chocolate c/molho framboesa

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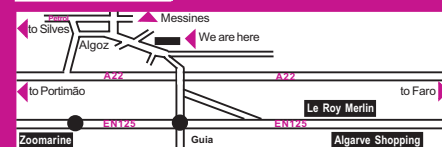
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Algarve priests give wages to the poor

Every single one of the 65 priests that belong to the Algarve Diocese will donate one month's salary to the social fund that is supporting people affected by the current financial crisis until March 2011, resulting in a collective donation of €42,000.

This charitable initiative was decided during a meeting of the Algarve Diocese Council meeting on Monday, which will see all priests giving the equivalent of one month's salary, around €650, to charity until March next year.

A spokesman from the Algarve Diocese told Lusa News Agency that the priests have until the chosen date so that the donation can be made in phases to the churches' social fund.

This type of contribution is a first for the region's diocese, but comes "after a similar initiative carried out by the Braga Diocese in northern

Portugal whose priests are also going to donate one month's salary to help in the crisis," said priest Miguel Neto.

The Algarve has been significantly affected by the crisis, which has caused many Catholic organisations, among others to reinforce the help they provide, such as the Caritas charity which has announced that it intends to open a special canteen in Faro in the New Year to provide meals to 40 of the neediest people each day.

Requests for help to Caritas have doubled this year, with the charity having attended 562 people in 2009 and more than 1,100 up to 31 October this year.

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Simulated accident on Algarve motorway tests emergency plans

A simulated road accident took place on Tuesday on the Algarve's A22 Via do Infante motorway to test the regional authorities' emergency response plans.

According to the regional commander of emergency operations, Vaz Pinto, traffic was closed on both side of the motorway near Portimão for three hours as part of the simulation of a "serious accident" which involved 126 civil protection agents and 46 vehicles.

Following the exercise, Commander Vaz Pinto said that "there are operational aspects that have to be improved, namely communication between the various professionals at the scene." He added: "faults were detected, but it's only after the reports from all

of the entities involved are analysed that we can determine with certainty what didn't go so well."

This exercise is part of a series of simulations organised by the regional emergency services to test and refine their plans in case such large scale disasters occur. Last month, a simulation exercise for a large scale earthquake was practised, while the next one is due to take place at Faro Airport.

Faro civil Governor, Isilda Gomes who was at the scene of the simulation on the A22 said: "a rapid response can save many lives", adding: "I hope that people who may have been inconvenienced by the road closure understand that these exercises are important."

A night in Bethlehem



Families from across the Algarve took a step back in time on 11 December, travelling back to ancient Bethlehem to taste, see, feel and touch what daily life was like around the time that Jesus was born.

There were activities for all ages as All Saints Anglican Church recreated the hustle and bustle of the Bethlehem marketplace in order to retell the story of the birth of Jesus.

While Roman soldiers ensured that the crowds were well behaved and orderly, guests dressed in biblical costumes were invited to participate in an outside broadcast by the BBC (Bethlehem Broadcasting Corporation) from the town marketplace, and tell the whole of Judea of their own experiences on the journey to register for the census in Bethlehem and the extraordinary events that were unfolding in the town in front of their eyes.

During the day the shopkeepers in the marketplace invited participants to learn traditional techniques in leatherwork, mosaic tile making, simple metal and twine jewellery, create a personal memento of the day in the form of a Bethlehem star, and decorate and play with a dreidel, a traditional Hebrew wooden toy.

To make the day as authentic as possible, Hebrew inspired music and dance we performed as well as Hebrew inspired food served for lunch at the Nosh n Rye restaurant.

After a brief jump into the 21st century to watch a nativity film,

the BBC finally tracked down the location of the bright star and the stable where Mary, Joseph and the baby Jesus were resting. Shepherds invited the visitors to meet with Mary and Joseph and talk to them about the surrounding events without disturbing the sleeping baby.

Father Joe Wingo, Priest in charge of the All Saints Anglican Church Algarve said: "This is the third year of 'A Night in Bethlehem', each year we change things a little but the enduring story that of the birth of God's son in a lowly stable outshines anything that we can present."

This year more than 60 adults and children attended and it was a joyous and joyful start to our celebrations for Christmas," he said, adding: "It's a perfect balance to our more traditional carol and worship services and a great way of sharing this important story with people who would not usually come to our church. A huge thank you to São Lourenço International School in Almacil for their generosity in allowing us to use their premises"

For more information about All Saints Anglican Church Algarve and times and locations of the upcoming carol services visit www.allsaintsalgarve.org.

Hark the Herald Angels Sing

The demonstration, which covered a whole host of creative ideas for decorating homes this festive season was presented by award winning floral artist Margaret Walton, assisted by Cynthia Croft.



Margaret Walton (L) and Cynthia Croft (R).

Silk and fresh floral arrangements were skilfully arranged by Mrs. Walton before being raffled after the demonstration when champagne and canapés were served.

The final piece, a contemporary floral sculpture featuring silver angels and fresh white lilies entitled 'Hark the Herald Angels Sing' was auctioned for the benefit of the All Saints Church building fund.

"This is becoming a regular seasonal event in

our Calendar", said Margaret Walton, adding: "and one that we all look forward to. Floral arrangements make a wonderful welcoming statement at Christmas, a very joyful time of year for All Saints and I'm delighted that through events like this we can all share in that joy."

For more information about All Saints Anglican Church Algarve and details of the time and location of their Carol Services visit www.allsaintsalgarve.org.

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International School carol concert



The International School of the Algarve held its annual Christmas carol concert at the Lagoa Church on 10 December.

Children from year 3 up to year 6 sang their hearts out to a full house of family, friends and teachers.

Music chosen by Gita Nasta, the school's music director included traditional British carols such as Away in a Manger and Silent Night as well as Portuguese and Jewish carols.

The school's senior choir also sang several carols, with

solos by students Tiago Sequeria, Lia Marisa Reid, Julius Greeb, Catarina Navalho Duarte, John Roy Domett and head teacher John Butterworth.

The concert ended with a spirited rendition of 'Oh Christmas Tree' followed by 'Gloria in Excelsis Deo' by all the pupils as well as the audience.

The Algarve Freight Centre

With the run up to Christmas now fully underway, the Algarve Freight Centre is here to deliver all of your gifts and goodies in time for the festive season.

With over 25 years experience in the industry, the Algarve Freight Centre has gained the knowledge and the know how to satisfy even the most demanding customers.

Dealing with their own professional staff at all times, either in Portugal or the UK, their shipments are always under complete control and are treated with utmost care. Their personal and friendly service is second to none and their own fleet of vehicles guarantee a weekly service from the UK to the Algarve and vice-versa.

With the owners living in the Algarve and family members working in the UK, you can be sure you will receive full attention from collection to delivery.

Being able to deliver items from one kilogram to 25 tonnes, and with their very own UK transport company based in Essex, offering daily nationwide collection and delivery in the UK, the Algarve Freight Centre provides national and international transport



tation at extremely competitive rates.

Their fleet of vehicles include small vans (7.5 and 18 tonne curtainside and box vehicles with tail lifts), as well as box trailers, sliding roof trailers for overhead crane loads and refrigerated trailers.

One of the Freight Centre's major advantages is the fact customers using their transport and removal service are offered free storage in secure, fully alarmed storage facilities in both the UK and the Algarve for a limited time.

The company also possesses personal containers; small, large and multiple spaces for palletised goods; and loading bays to safely and efficiently load and unload cars, boats and motorbikes. If professionalism and a friendly service is what you are looking for, the Algarve Freight Centre is a clear choice.

Giants Windows – Transforming your home

Are you fed up with sitting in the cold wind? Do you want to sit outside, even its raining? Then look no further than Giants Windows to make it possible.

If anyone knows about windows it's Franz Adebahr. With over 30 years experience in window fitting, he has the knowledge to supply and fit windows of all shapes and styles, from market leading equipment, to tailor-made, handcrafted windows.

Giants Windows was established in 2007 by Franz Adebahr and Katja Paweletz, both from Germany. German windows are renowned for their unrivalled quality and durability. Supplying the latest in German standard products with top quality PVC, Giants Windows also specialise in 'Glass Curtains' which are designed and manufactured by the company here in Portugal. Glass curtains offer an uninterrupted way of partitioning or enclosing open areas, such as balconies and terraces. They can be practical and extend living spaces.

"There are different styles and systems available to suit your personal taste and needs," said Katja Paweletz.

Another unique product Giants Windows provide is skylights, often an ingenious way of letting in more light, as well as becoming an attractive feature for any ceiling.

PVC, wood and aluminium windows are also supplied as well as a range of doors, shutters, roller blinds, fly screens and garage doors. Cover-



ing the whole of the Algarve, free on site estimates are given.

Maintenance, replacing and upgrading of existing windows and frames is also covered, as simple or complicated as the task may be, and always at competitive prices.

"If you have a problem with your existing door or window system, give Giants Windows a call as we have a reliable repair and replacement service," says Katja.

Why not visit the Giants Windows showroom and see how they can help you transform your home? Located along Rua de Faro nº14 in Santa Bárbara de Nexe, they are open weekdays 10am until 1pm and 2pm until 5pm and at weekends by appointment. Their showroom will be closed for staff holidays from 1 January until 10 January.

Pool Fencing – For peace of mind by your pool

Drowning... the greatest danger to your child or grandchild at home or on holiday?

A number of children have already died in Portugal this year from drowning. Do not become a statistic.

At PSF we specialise in the installation of Protect-A-Child fencing.

In today's hectic world it is simply impossible to watch children all the time. Simple everyday distractions like a knock at the door, or a phone call, are all it takes for a tragedy to occur.

Pool Safety Fencing installs the ideal answer to child safety around the swimming pool. The tightly woven mesh fencing eliminates finger or toe holds and also keeps children's toys and debris from entering the pool.

The fence is also completely removable in minutes to allow pool owners to enjoy the open beauty of their pools. The fence sections are lightweight and roll up for easy handling and storage, the fibreglass poles are also 100% maintenance free. Once removed, colour coded caps are provided to cover the small post holes providing a finished appearance.

The 'Textilene' PVC-coated polyester mesh is incredibly strong and has been used in this fencing system for 23 years. It does not rot, fade,



tear or stretch and is available in three different colours. The fact that it is very transparent helps you keep an eye on your little ones for better supervision and for unsteady toddlers who happen to fall against the fence they will not be harmed because of its forgiving construction (visit www.protectachild.com to view the videos and Lifetime Warranty details).

The 'Quad-BILT' composite fibreglass support posts are found to be superior to standard aluminium posts and offer superior strength, shock and weather resistance, carrying a lifetime warranty against both breakage and bending.

Swimming pools should be a place of enjoyment and relaxation, not a cause of worry and concern.

We all have a duty of care; our children trust us to keep them safe.

Contact us now for a free onsite inspection and quotation; we will design a fence to suit your needs and peace of mind.

GMT 24:7 Home Emergency Response – be prepared



In response to customer demand, GMT 24:7, the property maintenance and home improvements company has introduced a range of new Home Emergency Response packages to ensure their members are always prepared for the unexpected.

Starting from as little as €8.99 a month the packages work in a similar way to a car breakdown service, giving you cover throughout the year with a guaranteed fast and efficient response to any property emergency.

Benefits of membership include no call out fees, the first hour of labour free, first €50 of materials included, pricing for all emergency work is at the standard rate and all works are guaranteed, giving clients peace of mind.

"At GMT 24:7 we understand that it is very important for our members to feel relaxed in the knowledge that we are always at the end of the phone, fully prepared to deal with any property emergency - our new home emergency response packages provide just this - a fast and efficient emergency response, anytime day or night" says GMT 24:7 Director Brett Hawkins.

GMT 24:7 strive to be the best, constantly innovating and always aiming to provide clients with better value for money. "Our clients told us that they

wanted a choice of home emergency and maintenance services that would meet their individual needs so we have introduced these new packages in response to this", said, Brett Hawkins.

With the GMT 24:7 Bronze Package, priced at 8.99 per month, property owners are prepared for the unexpected, 24:7, no matter what time of the day or night. With Silver, Gold and Platinum packages also available, clients can choose the level of cover that best suits their individual needs.

Although non-members do not have the advantage and savings that a GMT 24:7 membership has to offer, anyone can call the home emergency response service in their hour of need.

GMT 24:7 is a family business established by Brett Hawkins, who together with his father, Tony and brother, Scott, have more than 15 years of experience in the Algarve's construction and property development sector. The business has a vast array of skills, ranging from plumbing and electrical work, full property restoration, pool construction, central heating and alarm systems. And you don't have to be a home emergency response service member to benefit from all this experience. When planning your ad-hoc building works, contact them for a free quotation.

This Week's profiles:



The Algarve Freight Centre

For more information please contact The Algarve Freight Centre on +351 910 752 588 (Portugal); +44 (0)1268 523 029; email info@algarvefreight.com or check out their website www.algarvefreight.com.



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Tagus Golf Society - Cup, Ladies Night and AGM



Tagus Pairs winners Miranda and David Thomas

The Tagus Golf Society ended its golfing year with the Tagus Cup being played for on 7 December. The Ladies' Night Annual dinner on 10 December and the AGM on 11 December.

Despite many member's misgivings good weather ensured the competition took place as planned. A guest player from St. Andrews, Alma Robertson, was heard to murmur that shorts would have been a better choice than winter golfing trews.

Axel Beselin took home the coveted Tagus Cup while Auke Bos came first in the special Young At Heart competition whereby added to the total stableford points is one extra point for every year over the age of 70. The Pioneer Shield, won by the player whose handicap is over 20 and who is not in the prize list of the Tagus Cup, was won by Eva Sanchez.

The Ladies Night dinner is a very special occasion and was held in the beautiful Sala Tropical, Hotel Palacio, Estoril. Captain's wife, Teresa Mühlenbeck, excelled herself with the table decorations. João Sintra, the entertainer for the evening, had everyone in full song by the middle of the evening and Tagus member, Hilario Sanches took over the keyboard to lead the singing of Christmas songs. Some light footwork was seen after the meal

as the gathering waltzed and tangoed around the small dance-floor. The average age of the group increases by the year but is never in evidence when the Tagus Bar opens and the dance music starts to play. The AGM at 11.30 the next morning did not leave many hours of sleep for most members!

The annual prizes were awarded as follows: The Tagus Pairs Knock-Out Competition was won by Miranda and David Thomas. David was also the winner of the Tagus Singles Knock-Out. The Participation Trophy was won by Margot Zimmerli who had played in all 9 competitions and attended 11 lunches and dinners. The Most Improved Player of the Year was Peter Dekker whose handicap came down from 19.1 to 17.0.

The AGM was held at the Estoril Golf Club with 32 members present. The new Captain, Thom Bartelse, was unanimously acclaimed as was the new Vice Captain, Miranda Thomas. The new committee was announced with Peter Dekker as Treasurer and Margot Zimmerli as Golf Secretary. The outgoing captain Hans Mühlenbeck, brought the meeting to a close stating that it had been a very successful year, finances were good, spirits were high and Tagus friendship is for ever.

afpop matters

afpop, the largest Association for foreign residents in Portugal, has been officially recognised by the Portuguese government as a Public Utility organisation. On the 29th October 2010, the Secretary of State of the Presidency of the Council of Ministers granted afpop the status of Associação de Utilidade Pública, as recognition of the service that the Association provides to its Members and its contribution to public life in Portugal. It is unusual for a non-Portuguese organisation to be granted Public Utility status.

The Council of Ministers conducted an in depth investigation into the Association, its finances and its activities and the resultant award indicates the Secretary of State's satisfaction with the investigation and endorses the work of the Association.

Association President, Chris Ireland, was delighted with the news: "This is great news. My congratulations and many thanks to those involved for all their efforts, patience and diligence in getting our application through the bureaucratic process. After many years of service to our Members, afpop has finally been recognised by the authorities for the efforts we have made to build understanding between the expatriate community and our Portuguese hosts."

afpop CEO Michael Reeve added, "Public Utility status will enhance the standing of the Association in the eyes of all Portuguese authorities and thus enable a far stronger dialogue and relationship to be built when in discussion with those entities in the future. This will result in Members receiving an even higher level of representation on important issues."

The Association will be celebrating its award in the New Year and hopes to invite the Civil Governor, Dra. Isilda Gomes, to preside over the ceremony in Faro.



Algarve Bike Riders meet for their Christmas Dinner at Marufo 2 in Quarteira.

Algarve Bike Rides

Saturday, 18th December:

Bike Ride starting Reis do Pão café in Loulé. We meet at Reis do Pão at 12.45 for a 1pm start. This will be a challenging ride on a mixture of dirt tracks and tarmac roads and there will be a cafe stop somewhere along the way.

Sunday, 19th December:

Bike Ride starting at Vilamoura Marina Car Park on the way towards Falesia beach car park. We meet by the Marina at 09.45 for a 10.00 start, this will be a mostly easy ride on a mixture of dirt track and tarmac roads and there will be a cafe stop somewhere along the way.

For more information call Paul Beesley on 913226954 or e-mail: paul.beesley@sapo.pt or you can visit 'Algarve Bike Rides' on Facebook.

Charity weight loss contest, January 2011

Regular readers may know my Algarve Bike Rides, which take place throughout the year.

Bike riding can be a great way to help to lose weight, so I decided it would be fun to have a weight loss contest in January with prizes, and also to help raise a little money for charity! It is open to anyone, you don't have

to be a regular bike rider with my group, all you have to do is attend one of the weigh-ins and provide the entrance fee, then weigh-out again at the end of January.

Further details can be found on our page on Facebook. The charity I have decided to support is the Centre Algarve project in Moncarapacho.

Christmas Party

On 11 December, Paul Beesley from Algarve Bike Rides organised a Christmas Dinner at Marufo 2 in Quarteira for his regular riders and their families and friends. A great time was had by all. The raffle raised €465, which Paul and the group are donating to the Amigos das Crianças for the Gaivota home for teenagers. The money will be

used to help them to recondition secondhand computers or purchase new ones. What a great result! The Amigos would like to thank Paul and everyone who contributed. If anyone has any secondhand computers they would like to donate, please contact Amigos das Crianças, Peta Birch birch@mail.telepac.pt, or phone 289541983.

Algarve Bowls report

11 November, the Mid Week league was scheduled for last Wednesday at Amendoeira, but was totally washed out by the appalling weather. These games will be rearranged for early January.

The league matches on Saturday the 11th were all played off without disruption however. Alvor Harlequins were at home to the rampant Albufeira Cats. The Cats are unstoppable at the moment and swept to another clean sweep by 48-43 and eight points to nil. The match however was much closer than the points score would indicate, two games being decided by only one shot. Alvor Greens were also at home to their close rivals the Valverde Vikings. Greens ran out comfortable winners by 54-43, taking six points to two and easing back into second spot in the table. The two other Alvor teams were also at home and played each other, Gladiators emerging triumphant by 57-47 and six points to two.

At Pedras the home team also narrowly lost out to the visiting PDF Crusaders by 60-56. Crusaders taking six points to two and moving up to fourth in the table. Valverde Vulcans and Amendoeira Nuts met at Valverde, Nuts recording an ex-

cellent away win by 54-46 and taking six points to two. Over at PDF, the Sinners met the Tavira Tigers. Sinners play their bowls with a smile on their face and had something to smile about as they recorded their first victory of the season by 76-51 and by five points to three. Sinners lifting away from the basement to tenth in the league.

Greens had played Harlequins earlier in the week in a postponed fixture, Greens helping their cause by beating their near rivals by 57-48 and six points to two.

Cats remain out in front on 74 points, Greens now have 65 and Vikings are on 62. Crusaders improve to fourth on 54, just ahead of Harlequins and Gladiators, both on 50 points. Pedras now have 36, Amigos are on 35 and Tigers have 32 points. Sinners, Vulcans and Nuts are all on 18 points, separated only by shot difference.

We have reached the halfway point in this year's championship and the second half resumes in early January. In the meantime, everyone at Bowls Algarve wishes all bowlers, indeed everyone, a very happy Christmas and New Year.

Alan Clarke - League Director

Giving back to the local community

On Thursday, 16 December, Le Méridien Penina Golf & Resort were to provide a meal for approximately 80, at the Social Centre. Nossa Senhora do Amparo, in Portimão. Executive Chef, Bernard Lussiana, was to prepare a buffet lunch and the rest of team will set up the room and serve the food. The 'clients' will be a group of elderly people who spend the day at the Social Centre, the home-

less, those recovering from addiction problems, and the unemployed. The Social Centre is under the supervision of Padre Arsénio, a Jesuit who moved to the Algarve 35 years ago, and has dedicated his life to this project. Two players and the coach (Mr. Litos) from Premier League Football team Portimonense have been invited to make this event a very special occasion.

Walking in the beautiful Algarve

Sunday, December 26th - Let's Walk off the Christmas excess!

A 2 hour easy circular walk along cliff tops and unspoilt countryside, a gentle pace so there should be no excuses not to come along and enjoy some exercise! 11.00am start - meet at the Cafe Rui in Burgau. From Lagos take the EN125 towards Sagres, after passing Almadena turn left at the next lights to Burgau. Drive for 2km when you enter the village and just before the crossroads at the centre of the village the cafe with a white awning is on the left.

Wednesday, December 29th - Lets Walk to the Roman ruins

An easy walk again through unspoilt landscapes down to the Alvor estuary with a visit to the Roman mosaics hidden away on the estuary. 11.00am start - meet at the O Camelo cafe/snack bar on the EN 125 at Figueira. Exit the A22 at Alvor and follow the signs for Lagos, the village of Figueira is just after hotel Penina and the cafe is on the left just before the footbridge.

Everyone is very welcome, just come along. While these walks are suitable for all of average fitness do remember you are responsible for your own safety so wear suitable shoes, boots or trainers, bring some water and a sense of humour. There is a charge of €5 p.p. for each walk. If it is raining please check with me that the walk is going ahead. Dr. Julie Statham. www.portugalwalks.com, www.pedalportugal.com. Tel: Portugal 965753033. Tel: UK 08717113315. A Responsible Travel member.



Members of the Algarve Senior Bikers enjoying their festive lunch.

Algarve Senior Bikers

Members of Algarve Senior Bikers Group started the festive season with an excellent lunch for riders and their partners at the Fatacil Restaurant in Lagoa. After lunch David Shirley who initiated the first meeting in June this year gave a short review of the progress made by the group so

far and expressed thanks on behalf of the all the riders to all who had assisted in the planning and organising of events in 2010.

Next Meeting - Wednesday, January 5 - New Year ride to Ourique for lunch at the Restaurant Mundial. Meet at São Brás de Alportel 10am for 10.30am

start to the ride. Details available at: www.algarveseniorbikers.org. Please book as early as possible and no later than December 30.

E-mail: booking@algarveseniorbikers.org to reserve your place or call David Shirley on 282444061 or 918421613.

Spanish bar raises €550 for children's charity

A charity night was held on 3 December at The Andalusian Bar & Restaurant, Isla Canela. The night was hosted by Jackie Bell local resident in Ayamonte, Spain. Jackie would like to thank everyone who donated raffle prizes, toys, clothes, nappies, shampoo and much more for the Centro de Acolhimento Temporario - Gente Pequena in Villa Real.

A total of €550 was raised on

the night and we would like to say a special thank you to Richard Basset from Quinta da Fonte Bispo who gave his time and lovely voice to sing and compare the night. Jackie would also like to thank all her friends for their help and support, with special mention to Liz and Pauline for decorating the restaurant and lots of potato peeling! Together we have put smiles on the faces of these children.



Handing the cheque over.

CASA Social Club



CASA members enjoying their Christmas Dinner.

On Saturday, 11 December we held our Christmas Dinner at Bon Bon Restaurant in Sesmarias. It was an excellent evening of fine food and service. Our members and many guests in total some 49 people, enjoyed the warmth and smell of a log fire, also traditional decorations and tree to make us all feel very much at home.

Our next event will be the 'after hangover dinner' at the Hotel Colina dos Mouros, Silves, on Saturday, 15 January 7.30pm for 8.00pm. Service and value are

an attraction, with a choice of menu. Should you wish to join us please contact Mary for menu and book your place not later than Monday, 10 January, or e-mail: rop43921@mail.telepac.pt.

Dates for the Diary: Saturday, 12 February - Navel Club Portimão and Saturday, 19 March - AGM at Poço Partido Carvoeiro

May CASA take this opportunity to wish every one a Merry Christmas and a Happy New Year.

Ken Nelms, Press and P.R.

Joana Gama concerts

Wednesday, 29 December's concert will begin with Franz Liszt's Years of Pilgrimage - Switzerland followed by various pieces by Erik Satie. On Tuesday, 4 January 2011 Joana will play pieces by Chopin followed by the Brazilian composer Heitor Villa-Lobos' Bachianas Brasileiras. The South American theme continues with three pieces by the Argentine born Alberto Ginastera.

Joana Gama is one of Portugal's most talented and promising young pianists. Born in 1983 in the northern town of Braga and enrolled, at the age of five, at the Calouste Gulbenkian Conservatory of Music in Lisbon, she continued her studies at the Royal Academy of Music in London and later at the Lisbon College of Music. Following her graduation in 2005 she finished her Master's degree in Piano Performance at the University of Évora earlier this year. Joana has participated in piano Master Classes with a number of



Joana Gama

maestros and also with the Borodin Quartet in chamber music. In 2005 she also came first at the national Young Musicians Prize for piano accompaniment and in 2008 for piano soloists.

Joana favours 20th and 21st century music frequently incorporating contemporary Portuguese music in her performances. She participated in the 'Peças Frescas' concerts in Lisbon's Teatro São Luiz premiering works by a number of modern day Portuguese composers such as Fernando Lobo and Sara Claro. She has won several prizes and has been a soloist with the Gulbenkian Orchestra at the prize winners' concert in Oporto in 2008 which was broadcast live on Antena 2. In recent years Joana has collaborated regularly with the Lisbon Metropolitan Orchestra and with the National Youth Orchestra in premiers of compositions by Christopher Bochmann OBE, an English conductor and composer with strong ties to Portugal.

Concerts at the Centro Cultural begin at 7.30pm sharp. Wine and lemonade is served from 7.00pm. During the interval wine and canapés are served. Entry is €25 for guests and non-members. For more information visit: www.amigos-demusica.org or www.centrocultural.saolourenco.com or call Cristina on 289395475 or send an e-mail to: ccsl@iol.pt.

Tavira transformed

A sparkling display of lights has transformed Tavira into a dazzling wonderland. The tree in the Main Square, the lights along the river with their reflection in the still waters and the illumi-

nated back drop of the ancient castle and churches make Tavira a 'must visit' destination this Christmas. The bandstand and riverside gardens are a perfect place to stop before enjoying the

entertainment in the Praça de Republica main square. The Nativity Scene, once again created by the firemen at the local Bombeiros, is well worth a visit. The plaza shopping centre is open until late and many of the cafés and bars are doing special promotions.



A view of Tavira's Christmas lights (Photo: Chris Wright)

Walking up hill and down dale!

Over 30 Mums, Dads and children took to the hills behind Alfentes on 11 December, walking 5 km in an effort to raise funds for the Vale Silves school. In the spirit of the season, parents and children sported assorted Christmas outfits and tinsel. The sponsored walk was organised by Suzi Steinhofel, President of the Parent Teacher Association of the primary school with the aim of raising money to provide simple necessities for the school, metal filing cabinets and dual purpose chest type seats to hold the

children's school bags.

The PTA offer their sincere thanks to everyone who contributed to make the afternoon a success. Raffle prizes were donated by Pestana Golf, Rui's Carvery, The Boliquime Inn, Zanzibar restaurant, Jayne Jackson, Victoria and James Padfield and Lorraine Muddyman. Sue Howard of Sue's Road Runners baked dozens of delicious mince pies and Julie and Lee Rushman provided biscuits and prizes. Osbournes contributed with subsidised Mulled wine and

mince pies for the walkers on their return.

"It was a great way to get families out together, raise money and invoke some Christmas spirit" said Suzi. She believes they will have raised around €750, sufficient to fund the items most needed. If anyone would like to donate funds to the Vale Silves community centre and school they can do so by calling Suzi on 917 203 850, tax receipts are available.

The happy Christmas walkers hope to have raised €750.



Apolónia Christmas Market



The magic of Christmas awaits you at the special market currently set up at our Almacent store: unique chef presentations, product tastings, bumper hampers, Christmas trees, plants, Christmas decorations, champagnes, wines, nuts and dried fruits, Christmas specialties, chocolates, German Christmas Market, ideas for decorating your festive table at Christmas and New Year's Eve, and much, much more. We look forward to seeing you soon!

Open until December 3, Monday to Saturday from 9.00am to 7.00pm, Sunday and Holidays from 9.00am to 1.00pm

Where will you be on Christmas Day?

The place to be will be on the beach at Armação de Pêra in front of the Holiday Inn Algarve (formerly the Hotel Garbe) with other adventurous people willing to go for a paddle or a swim in the Atlantic Ocean to help raise money for the Swim for Shoes Appeal.

All you need to do is turn up at 11.00am on Christmas Day with swimwear, towel and go in for a full swim or just a paddle – the choice is yours as long as part of you gets wet! Then we can all recover in the Holiday Inn Algarve bar with a Hot Toddy on Christmas Day and hot chocolate on New Years Day, generously

donated by the Holiday Inn Algarve, to everyone who has taken part.

Buying shoes for the children who are in care is an ongoing expense and we want to help as many as possible start 2011 with a new pair of shoes. Each child of school age needs a pair of gym shoes and a pair of trainers. Whilst some clothes can be second hand owning a pair of new shoes helps to ensure the children feel good and fit in at school.

Adults and children are all welcome to take part on the understanding that you do so at your own risk. If you have

family and friends staying over the festive season it will certainly be something different to do!

On Christmas Day we hope people will come with either a Santa outfit or hat which are in some stores now. Buy yours now before stocks run out. We will have a limited supply of outfits and hats for sale on the day.

You will have another opportunity to Swim for Shoes on New Years Day but this time we hope to see you there in fancy dress so start planning your outfit now. As this is a charity event we will gratefully accept all donations offered.

For more information please send e-mail to: info@hialgarve.com



Last year's Swimmers for Shoes

PREVIEW**CENTRE****Christmas with David Fonseca**

Due to popular demand, David Fonseca has announced more Christmas dates, performing not only one evening but four from 20 until 23 December at São Luiz in Lisbon from 6:30pm. Tickets cost €15 (€12.50 for members of the artists fan club)

**PJ Harvey sold out**

Having sold out her 25 May concert at Aula Magna in Lisbon after only three days, British singer PJ Harvey has announced she will be adding another night - 26 May - due to popular demand.

PJ Harvey first came on the scene back in 1992, when she released her debut album *Dry*. Since then the singer has been nominated for 7 Brit Awards, 5 Grammys and 3 Mercury Prizes.

25 & 26 May at Aula Magna in Lisbon.

Tickets: €35 - €45.

**Super Bock Super Rock News**

It has been announced earlier this week, that 2011 edition of Super Bock Super Rock will take place from 14 until 16 July at Herdade do Cabeco (Praia do Meco) in Sesimbra. No bands or artists have been officially confirmed. Watch this space for the latest updates.

UP AND COMING CONCERTS**JANUARY**

THE LEGENDARY TIGERMAN 22 January at Oporto Coliseum.

DEOLINDA 22 Jan at Oporto Coliseum.

29 Jan Coliseum dos Recreios, Lisbon. Tickets €15.

THE YOUNG GODS 30 Jan Santiago Alvimista in Lisbon.

FEBRUARY

RODRIGO LEÃO 5 Feb at Coliseum dos Recreios, Lisbon.

SKUNK ANANSIE 7 Feb Coliseum, Oporto from 9pm.

Tickets from €25. 8 Feb Coliseum dos Recreios, Lisbon from 9pm. Tickets from €29.

THE SCRIPT 14 Feb Coliseum dos Recreios, Lisbon from 9pm. Tickets from €22.



Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Alreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

KATY PERRY 20 Feb Campo Pequeno, Lisbon from 8pm. Tickets from €25.

MARCH

GOGOL BORDELLO 6 Mar Coliseum in Oporto. 7 Mar Campo Pequeno, Lisbon.

Tickets from €23. **MARIA GADÚ** 11 Mar at CCB in Lisbon. 12 Mar at Hard Club in Porto.

KATIE MELUA 13 Mar Campo Pequeno, Lisbon from 9pm. Tickets from €25, 50, 14 Mar at Oporto Coliseum from 9pm. Tickets from €30.

ROGER WATERS 21 Mar & 22 Pavilhão Atlântico from 9pm. Tickets from €40.

LEANDRO 26 March at Coliseum dos Recreios in Lisbon from 10pm. Tickets from €15.

APRIL

NAS & DAMIAN MARLEY 14 Apr Pavilhão Atlântico from 8.30pm.

MAY

PJ Harvey 25 & 26 May Aula Magna in Lisbon.

JULY

BON JOVI 31 Jul Parque da Bela Vista, Lisbon. Tickets from €55.

NORTH**CHILDREN**

Monumental Circus until Sunday, 20 December, then 23 to 29 December and finally 1 - 2 January at Coliseum in Oporto. Tickets: €6 - €16. Call 223 394 940.

O Imperador e o Rouxinol by Hans Christian Anderson performed by children on Monday, 27 December at Oporto Coliseum. Tickets: €7 - €10. Call 964 701 796.

**CHRISTMAS**

Choir conducted by Maestro Sérgio Alapont on Saturday, 18 December at Igreja da Lapa in Oporto from 9.30pm.



Harlem Gospel Choir on Tuesday, 21 December at Oporto Coliseum from 9.30pm. Tickets: €25 - €28.

Natal Christmas exhibition until 22 December at Palacete dos Viscondes de Balesmão.

Artesnatus 2010 Christmas fair until Thursday, 23 December at Praça D João I in Oporto. Entrance is free.

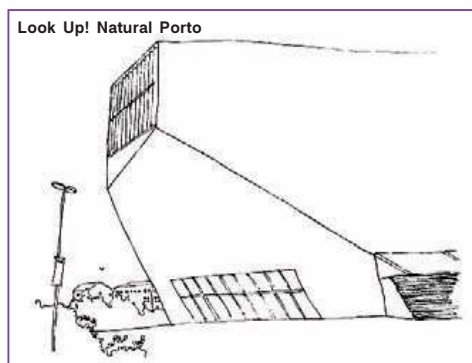
O Natal da Árvore until 31 December at Árvore on Rua Azevedo de Albuquerque in Oporto. Visit www.arvorecoop.pt.

Christmas Bazaar exhibition at Serralvez museum until 31 December.

EXHIBITIONS

Photographs on a Journey by João Tuna at Teatro Nacional São João in Oporto until 18 December.

Look Up! Natural Porto art Show about Oporto architecture and design throughout the city of Oporto until 19 December. Visit www.lookupporto.com for more information.



Os Lusíadas by António Carneiro until Friday, 31 December at Casa Oficina António Carneiro in Oporto.

Bodies Revealed at Congress Centre of Alfândega in Oporto until 31 December.

Lomography Holidays 2010 until 1 January 2011 at the Lomography Embassy in Oporto. Visit www.lomografiaportugal.com

It's Not My Fault sculptures at Berardo Modern and Contemporary art museum until 9 January 2011.

Let's Talk About Houses Berardo Modern and Contemporary art museum until 16 January 2011.

Fragments at Berardo Modern and Contemporary art museum until 23 January 2011.

FAIRS

Porto Belo market inspired on the London Portobello market every Saturday at Praça de Carlos Alberto in Oporto from 11am to 5pm.

NEW YEARS

Caminha New Years Eve Celebrations animation from DJ Lights from 10:30pm and fireworks from 00am.

Porto New Years Eve Celebrations at Avenida dos Aliados with live music from Madein from 10pm. Fireworks display at 00am. Live music by Furaão do Brasil from 00:15am and Madein from 2:30am.

Wanda Stuart at Aliados in Oporto. Dinner and show €30.

Party at Teatro Sã da Bandeira with live performances from Noisia, The Panacea, AMC, Subway, Patmac and more. Entrance €15.

**MUSIC**

OuTonalidades Saturday, 18 December at Estarreja Cine-Teatro in Oporto. Call 234 811 300.

Aurea Saturday, 18 December at Coimbra Fnac.

The Beatles by Portuguese Symphonic Band on Sunday, 26 December at Oporto Coliseum from 11:30am. Tickets: €5 - €10. Call 707 234 234.

CENTRE**CHILDREN**

Mãe-Mão Show show aimed at children from 6 months to 3 years until Wednesday, 22 December at Cascais cultural centre. Tickets: €5. Call 915 816 108.

Fashion Training for children running until February at FRM Formação Aldeia do Juso in Cascais. Call 963 956 541 on visit www.frm-formacao.com

CHRISTMAS

Ice Ring now open at the Cais Gaia in Lisbon until January.



Opera do Castelo on Saturday, 18 December at Santo Agostinho church from 4pm.

Portuguese Orchestra on Sunday, 19 December at São Domingos church from 4pm.

EXHIBITIONS

Casa-Carrossel by Fátima Medonça until 31 December at Gallery 111 in Lisbon. Call 217 819 907.

Bicos by Eduardo Bataida until 31 December at Gallery 111 in Lisbon.

Regis Gonçalves paintings until 4 December at Galeria Colorida on Rua Costa do Castelo in Lisbon.

School at Gulbenkian Foundation in Lisbon until 19 December. Entrance is free.

Moçambique at AAAIO at Largo da Luz in Lisbon until 31 December. Call 214 351 054 for more information.

Professores diverse exhibition by several artists at Gulbenkian Foundation in Lisbon until 2 January, 2011. Entrance €4.

Let's talk about Houses architectural exhibition until 16 January, 2011 at Cascais Cultural Centre.

Res Publica at Gulbenkian Foundation in Lisbon until 16 January, 2011. Entrance €4.

Century XXI until 27 February at Arte Centre in Oeiras. Call 914 111 400.

Joel Peter Witkin Retrospective exhibition on show at Two Heads Chickell Gallery in Évora until end of February. Call 266 735 404.

**NEW YEARS**

Almada Celebrations New Year's Eve will take place at Lg de Cacilhas. Live music by Roberto Pla & Su Latin Ensemble at 10pm. Multimedia Performance from 11:45pm. Fireworks display at 00 and DJ Karlo Scarpelli from 00:20.

Aveiro Celebrations New Year's Eve at Praça do Peixe music by D2 from 10pm. Piromusical at 00am and live DJ sets from 00:15am.

Cascais New Year's Eve Celebrations live music by Delfins from 9:30pm. Fireworks display at 00am.

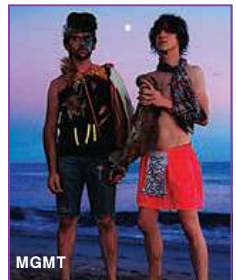
Lisbon New Year's Eve Celebrations at Terreiro do Paço with live music from João Mello / A Fúria do Açúcar from 10am. Fireworks from 00am and Xutos e Pontapés from 00:30am.

Setúbal New Year's Eve Celebrations live music by Toy at 10pm at José Afonso auditorium, entrance is free. Fireworks display at Docas dos Pescadores. Live music by Azucar Caliente from 00:30am at José Afonso auditorium. Entrance is free.

Rui Veloso on Friday, 31 Dec Lisbon Casino. Entrance is free, but limited.

**MUSIC**

MGMT and Amith Westerns on Saturday, 18 December at Campo Pequeno, Lisbon. Tickets from €30.



Fado Celeste on Tuesday, 21 December from 9pm at São Luiz municipal theatre in Lisbon.

Ana Moura on Saturday 25 Dec Lisbon Casino.

Jorge Palma on Saturday 25 December MusicBox in Lisbon.

THEATRE

InArte videos about the performing arts until Sunday, 19 December at São Luiz municipal theatre in Lisbon from 10am. Conference on 18 December from 9.30am to 5pm. Call 213 257 640.

Out of Context - Pina on Sunday, 19 and Monday, 20 December at Maria Matos municipal theatre in Lisbon from 10pm. Tickets: €7.50 - €15.

Snapshots until Sunday, 19 December at Teatro Nacional D. Maria II in Lisbon. Tickets from €12. Call 213 250 835.

The Nutcracker and the Mouse King until Wednesday, 22 January at Teatro Armando Cortez in Lisbon. Tickets between €6,50 and €13. Call 217 110 895.

SOUTH

CHARITY

Country Riding Centre fundraiser and activity day at the Country Riding Centre in Silves on 18 December. All proceeds and donations in aid of the Loulé-based 'Os Miúdos' orphanage.

Christmas Party Dr Helder Prazeres invites all his patients to his tenth Christmas party with lots of good cheer and good food on Tuesday, 21 December at Rua Judice Biker no. 11 - 4ºB Portimão. Please bring a gift which will be donated to an orphanage, plus Dr Helder will give you an adjustment free of charge! Call 282 482 817 or 916 005 405 for more information.

CHILDREN

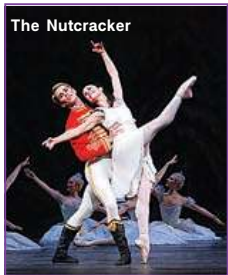
The Adventures of João Ratão Musical on Saturday, 18 December at Olhão Municipal auditorium from 4pm. Call 289 710 170.



DANCE

Dance and Life on Saturday, 18 December at Faro Pedro Ruivo auditorium from 9pm. Call 289 973 115.

The Nutcracker on 19 December at Parchal (Lagoa) Congress Centre from 5pm. Tickets: €22 - €25. Call 282 413 147.



The World Dancing on Monday, 20 December at Albufeira Municipal auditorium from 9pm.

Scottish Country Dancing every Monday evening at the International School of the Algarve, Porches, from 7.30pm to 9.30pm. Call Mardie Cunningham on 282 356 029 or e-mail mardie@sapo.pt.



EXHIBITIONS

David Haines art exhibition at The Farm Shop on the EN125 6km west of Portimão, 31 January 2011, plenty of parking at rear. Contact David on 968 290 627, or Benedicte tel 282 185 886.

Habits and Customs of Monchique at Parque da Mina in Monchique until 31 December. Call 282 911 622.

NECI Art Exhibition organised by Dra. Maria Eduarda Santos in the old Câmara Municipal Building in Praça Gil Eanes, Lagos. Art by NECI artist Carlos Fraústo, supporting artists, Lilla Radocz, Amanda D'Eça, Bernardete Bispo, Arez Viegas, Tina Gonçalves and David Haines until 31 December.

Paintings, sculptures, ceramics and hand-crafted items for the home created by 35 international artists. Current exhibition at Corte-Real gallery in Paderne, includes American artist Jeanine Leclair, Member of the Pennsylvania Academy of Art. Until 31 December. Open Thursday to Sunday 11am until 5pm. Call 918 980 199 or 912 737 762.

100 Anos da 1ª Republica em Tavira at the Music Academy of Tavira. Ongoing until 31 December. Call 281 320 500.

Ten Monumental British Sculptures Exhibition at Cerro da Vila Roman Archaeological Centre in Vilamoura until 31 December. Entrance: €5. Call 289 312 153.

Letters and Colours, Ideas and Authors of the Republic at Tavira library until 31 December.

Estados D'Alma by Eduardo Dias at São Brás de Alportel gallery until 31 December. Call 289 840 000.

Amália meu Amor paintings by 18 artists at the Galeria Santo António in Monchique until 9

February. Call 282 913 130 or 925 004 051.

City and Rural Worlds at Tavira museum and Palácio gallery until 16 June, 2011.

Mykola Beria exhibition of oil paintings and hand carved wooden objects at the 'O Cantinho de Arte' gallery at n°24 Rua Dr. Afonso Costa in central Beja, Alentejo. Open evenings and weekends. Call 934 145 998

NEW YEARS

Faro New Years Eve Celebrations at Manuel Bivar garden with live music from Seventy Seventy from 10:30pm. Fireworks display at 00am and DJ set by DJ Mr Kool from 00:20.

Monte Gordo New Years Eve Celebrations on Thursday, 30 December with live music from The Vide Versus from 10pm. Kelph from 11pm and DJ Pedro Casanova from 1am.

On Friday, 31 December with live music from Electrick Experiment from 9:30pm. Allamariados from 10:45pm. Fireworks display from 00am. Live music by Angélico deat Dayran from 00:20am and DJ Nuno Dourado from 2am.

On Saturday, 1 January 2012 live music by Uns & Outros. Los Angeles de la Habana from 11pm and DJ Diego Miranda from 1pm.

Olhão New Years Eve Celebrations at Pescador Olhanense garden with live music from Zeus from 11pm. Fireworks at 00am and Iris from 00:20am.

Portimão New Years Eve Celebrations festivities with live music by Tony Carreira on Friday, 31 December Portimão riverfront, with pyrotecnics firework display.

Tavira New Years Eve Celebrations with live music by Função Pública and fireworks display at Gilão river from 00am.



Albufeira New Years Eve Celebrations festivities with 'Idols' final and live music from Diego Miranda at the fishermen's beach in Albufeira. **Medieval Festival** from Thursday, 30 December until 2 January in Paderne.

New Year Concerts with Carlos Guilherme and Ana Sêro on Saturday, 1 January 2011 at Olhão Auditorium.

Sol Rir from Saturday, 1 until 4 January at Portimão Arena from 9.30pm. Call 282 470 700.

MUSIC

The Swing Quartet on Sunday, 19 December at São Brás costume museum from 5pm.

New Orleans Jazz on Sunday 26 December and Tuesday, 28 December free concert at Lagos Tivoli Hotel from 8.30pm. Call 935 086 365 or see www.algarvejazz.com.

Piano Concert with Joana Gama on Wednesday, 29 December at São Lourenço Cultural Centre in Loulé from 7.30pm. Call 289 395 475.

SPORT

São Silvestre Vila de Santa Luzia athletics competition on Saturday, 18 December at Tavira Santa Luzia from 4pm.

Silves in Movement walk on Sunday, 19 December from 9am until 12pm from ARC Amorosa.

Portugal Dakar Challenge on Monday, 27 December in Tavira, featuring 13 stages. Call 213 196 040 or visit www.portugaldakar.com.

Bowls Crown Green and Lawn Bowls at Amendoeira. Crown Monday and Thursday, Lawn Tuesday and Friday. Start 10am. All welcome, non members pay €8. Call Peter Clarke 966 169 747 (Crown), Peter Moss 961 165 478 (Lawn).

WRITING

Writing Memoirs Workshop on Saturday 18 December 2.30-4.30 pm at the Bica Boa Inn, Monchique. All welcome. For more details and to reserve a place visit www.lisa selvidge.com or call Lisa on 962 887 680.

CARBOOTS SALES

Albufeira Saturday, 18 December opposite Calções market.

Silves Saturday, 18 December waterfront near Fissul and Modelo)

São Brás de Alportel on Sunday, 19 December near EB2 3 Poeta Bernardo Passos school.

ALGARVE CHRISTMAS PREVIEW

FAIRS

Silves Fair on Sunday, 19 December. at the Cine Club, Silves, 7pm Carols, with mince pies, mulled wine, proceeds to Castelo de Sonhos, cost 8euros.

Holiday Inn Christmas Programme from 23 until 27 December at the Holiday Inn in Armação de Pêra.

Our Christmas Fair on 19 December at Tavira, Ribeira market from 11am to 6pm.

Valverde Christmas Dinner on 25 December and New Years Dinner Dance on 31 December. See advert on page 19, call 282 789 474 or 962 541 124.

Apolónia - Christmas Market The True Spirit of Christmas The magic of Christmas awaits you at the special market currently set up at our Almancil store: unique chef presentations, product tastings, bumper hampers, Christmas trees, plants, Christmas decorations, champagnes, wines, nuts & dried fruits, Christmas specialities, chocolates, German Christmas Market, ideas for decorating your festive table at Christmas and New Year's Eve, and much, much more. We look forward to seeing you soon!

Until Friday, 31 December

Monday to Saturday from 9.00am to 7.00pm

Sunday and Holidays from 9.00am to 1.00pm

MUSIC

Christmas concert by Tavira band on Saturday, 18 December at Santa Catarina da Fonte do Bispo. The International Choir of Aljezur will arrive at 4:45 pm by lantern light to sing a selection of Carols in Portuguese, English and German. You will be able to purchase a song sheet to sing along with the choir. Song sheets are now available from Pastelaria Do Parque and cost 0,50 cts- proceeds will go to charity.

European Christmas by Portuguese Chamber Orchestra on 18 December at TEMPO municipal theatre in Portimão from 9.30pm. Tickets: €10. Call 282 402 475 / 961 579 917.

Christmas Concert by Santo Amaro de Oeiras choir on 18 December at Olhão mais church from 9.30pm.

Viviane with the Algarve Orchestra Christmas Concert on 18 December at Vilamoura Casino. An Algarve event. Tickets: €40. Call 289 310 000.

Portimonense Philharmonic Society Christmas Concert on 19 December at TEMPO municipal theatre in Portimão from 4pm. Call 282 402 475 or 961 579 917.

Filarmónica Christmas Party on 19 December at Lagos philharmonic society headquarters on rua 1ª de Maio from 3.30pm. Entrance is free.

Lagos Cultural Centre Christmas and New Year Concerts: 20 December: Lacombrience Philharmonic Society. 22 December: Lagos Jazz Orchestra. 23 December: Lagos Music Academy. 30 December: Lagos Music Academ. All concerts start at 9.30pm at Lagos Cultural Centre. Call 282 770 450.



Monte Gordo (Vila Real Santo António) on Saturday, 25 December next to Tourism office.

Lagoa Sunday, 26 December at FATACIL.

Lagos Sunday, 26 December at Barão de São João multipurpose sports facility.

Monchique Sunday, 26 December on rua D Fransico Gomes de Avelar.

Quelfes (Olhão) Sunday, 26 December opposite EB1 school.

MARKETS

Loulé every Saturday at Rua da Nossa Senhora Piedade near convent.

Aljezur Monday, 20 December near kindergarden.

Silves Monday, 20 December next to cemetery.

Tunes (Silves) Saturday, 25 December Rua 1ª de Maio.

Pereiro (Alcoutim) Sunday, 26 December opposite church.

Almancil (Loulé) Sunday, 26 December next to school.

Quelfes (Olhão) Sunday, 26 December opposite school.

Messines Monday, 27 December at fair square.

Odíxere (Lagos) on Monday, 27 December at Moimho square.

Boliqueime (Loulé) Thursday, 30 December at church square.

FRIDAY 31/12/10

d	x	y	z	aa	ab	ac	ad	ae	af	ag	ah	ai	aj	ak	al	am	an	ao	ap	aq	ar	as	at	au	av	aw	ax	ay	az	ba	bb	bc	bd	be	bf	bg	bh	bi	bj	bk	bl	bm	bn	bo	bp	bq	br	bs	bt	bu	bv	bw	bx	by	bz	ca	cb	cc	cd	ce	cf	cg	ch	ci	cj	ck	cl	cm	cn	co	cp	cq	cr	cs	ct	cu	cv	cw	cx	cy	cz	da	db	dc	dd	de	df	dg	dh	di	dj	dk	dl	dm	dn	do	dp	dq	dr	ds	dt	du	dv	dw	dx	dy	dz	ea	eb	ec	ed	ee	ef	eg	eh	ei	ej	ek	el	em	en	eo	ep	eq	er	es	et	eu	ev	ew	ex	ey	ez	fa	fb	fc	fd	fe	ff	fg	fh	fi	fj	fk	fl	fm	fn	fo	fp	fq	fr	fs	ft	fu	fv	fw	fx	fy	fz	ga	gb	gc	gd	ge	gf	gg	gh	gi	gj	gk	gl	gm	gn	go	gp	gq	gr	gs	gt	gu	gv	gw	gx	gy	gz	ha	hb	hc	hd	he	hf	hg	hh	hi	hj	hk	hl	hm	hn	ho	hp	hq	hr	hs	ht	hu	hv	hw	hx	hy	hz	ia	ib	ic	id	ie	if	ig	ih	ii	ij	ik	il	im	in	io	ip	iq	ir	is	it	iu	iv	iw	ix	iy	iz	ja	jb
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<p>TVI Morning News. 06.30 TVI Morning News. 08.00 Daybreak. 08.25 This Morning. 09.25 Very Best of 2010. 10.40 Joanna Lumley's Nile. 11.40 ...Suchet on the Orient Express. 12.40 TVI News and Weather. 12.50 London Twist. 12.55 Oliver Twist. 1.25 50FILM: The Living Daylights (1987). 17.30 Weather tonight. 17.45 TVI News and Weather. 19.00 T's Paul Burling. 19.30 Coronation Street. 20.00 You've Been Framed! 20.40 ...on Street. 21.10 50FILM: Elizabeth The Golden Age (2007). 23.20 That Was 2010. 23.30 Weather Count-</p>	<p>20.00 ...Builders. 21.00 50FILM: Shadow M (2006). 22.50 World's Most Extreme Sports. 03.55 Eddie Stobart. 04.45 House Doctor. 05.10 Nick's Quest. 03.50 Great Scientists.</p>	
--	--	--

Add your events
Event Calendar
 go to
www.theportugalnews.com
 click on the
 Add YOUR event
 or see what's on

12.50 London News and Weather.
 12.55 Midsummer Murders. Weather.
 13.00 **FLIM** (2007) The Prince of Persia
 16.35 **FLIM** (2007) Feet
 18.30 London Tonight; Weather.
 18.45 TV News and Weather.
 19.30 Emmerdale.
 20.00 You've Been Framed!
 20.30 Coronation Street.
 21.00 Alpha Christie's
 23.00 ITV News and

12.30 Maria's Heptelene.
 12.35 The Kitchen Sink Show.
 15.35 Thomas & Friends.
 15.45 Foxy the Racing Car.

Enjoy the festive season

Happy Christmas

ALGARVE

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16 DEC-22 DEC



- 1**
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
(10.15 Sat & Sun) 14.55-18.00-21.05
- 2**
L'amour, c'est mieux à deux
Clovis Cornillac, Manu Payet
14.10-16.25-18.45-21.10 (23.30 Fri & Sat)
- Toy Story 3**
Animation PV
(10.20 Sat & Sun)
- 3**
Megamind
Animation PV
(10.05-12.15 Sat & Sun) 14.25-16.35-18.50
- 22 Bullets**
Jean Reno, Kad Merad
21.00 (23.40 Fri & Sat)
- 4**
The Chronicles of Narnia 3
George Clooney, Ben Barnes
(10.40 Sat & Sun) 14.05-16.30-18.55-21.20
- Saw 3D**
Tobin Bell, Costas Mandylor
(23.55 Fri & Sat)
- 5**
Tangled
Animation PV
(10.10-12.30 Sat & Sun) 14.45-17.00-19.15-21.30 (23.50 Fri & Sat)
- 6**
Unstoppable
Denzel Washington, Chris Pine
(12.20 Sat & Sun) 14.35-16.50-21.50 (00.10 Fri & Sat)
- Inside Job**
Documentary
19.20
- 7**
Due Date
Robert Downey Jr, Zach Galifianakis
(12.40 Sat & Sun) 14.50-17.05-19.30-21.40 (00.00 Fri & Sat)
- 8**
The American
George Clooney, Thelma Houston
14.20-16.40-21.45
- Celda 211**
Luis Tosar, Alberto Ammann
19.00 (00.15 Fri & Sat)
- Marmaduke PV**
Owen Wilson, Lee Pace
(10.30 Sat & Sun)
- 9**
Despicable Me
Animation PV
(10.00-12.15 Sat & Sun) 14.30
- Fair Game**
Naomi Watts, Sean Penn
16.45-19.10-21.35 (00.05 Fri & Sat)

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16 DEC-22 DEC



- 1**
Megamind 3D
Animation PV
12.55-15.00-17.05-19.10

- Jackass 3D**
Johnny Knoxville, Bam Margera
21.40 (00.15 Fri-Wed)
- 2**
Tangled 3D - Animation PV
13.00-15.10-17.25-19.40-21.50 (00.10 Fri-Wed)
- 3**
Fair Game
Naomi Watts, Sean Penn
13.40-16.00-18.25-21.30 (00.05 Fri-Wed)
- 4**
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
12.45-15.30-18.15-21.00 (23.45 Fri-Wed)
- 5**
The American
George Clooney, Thelma Houston
13.15-15.50-18.10-21.10 (23.30 Fri-Wed)
- 6**
The Chronicles of Narnia 3: 3D
George Clooney, Ben Barnes
PV: 13.10
OV: 15.40-18.20-21.20 (23.50 Fri-Wed)
- 7**
L'amour, c'est mieux à deux
Clovis Cornillac, Manu Payet
13.20-16.10-18.30-21.35 (00.00 Fri-Wed)
- 8**
Due Date
Robert Downey Jr, Zach Galifianakis
13.30-16.20-18.40-21.25 (23.55 Fri-Wed)
- 9**
Unstoppable
Denzel Washington, Chris Pine
12.50-14.55-17.00-19.05-21.15 (23.40 Fri-Wed)

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
16 DEC-22 DEC

- 1**
Tangled 3D - Animation PV
12.50-15.00-17.15-19.30-21.40 (00.10 Fri-Wed)
- 2**
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
12.40-15.30-18.20-21.10 (00.00 Fri-Wed)
- 3**
Unstoppable
Denzel Washington, Chris Pine
13.00-15.10-17.20-19.35-21.50 (00.15 Fri-Wed)
- 4**
Red
Bruce Willis, Morgan Freeman
13.00-15.50-18.30-21.30 (00.05 Fri-Wed)
- 5**
Due Date
Robert Downey Jr, Zach Galifianakis
13.30-16.00-18.40-22.00 (00.20 Fri-Wed)
- 6**
The Chronicles of Narnia 3: 3D
George Clooney, Ben Barnes
PV: 13.10
OV: 15.40-21.20 (23.50 Fri-Wed)
- Megamind 3D - Animation PV**
18.50

OV = Original Version
PV = Portuguese Version

Film Classification

- Little Fockers - M/12
Tangled - M/6
Stone - M/12
I'm Still Here - M/12
The Chronicles of Narnia 3 - M/12
Sammy's Adventures - M/6
Scott Pilgrim vs. The World - M/12
Due Date - M/12
Megamind - M/6
Fair Game - M/12
Unstoppable - M/12
Harry Potter 7: Part 1 - M/12

- M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over

OPENED 16 DECEMBER



Title: Tangled
Genre: Animation | Comedy | Family
Voice Talents: Mandy Moore, Zachary Levi, Donna Murphy, Ron Perlman, Brad Garrett
Directors: Nathan Greno, Byron Howard
Synopsis: When the kingdom's most wanted - and most charming - bandit Flynn Rider hides out in a mysterious tower, he's taken hostage by Rapunzel, a beautiful and feisty teen with 70 feet of magical, golden hair. Flynn's curious captor, is looking for her ticket out of the tower where she's been locked away her entire life. She strikes a deal with the handsome thief and the unlikely duo set off on an action-packed escapade, complete with a super-cop horse, an over-protective chameleon and a gruff gang of thugs.
In theatres this holiday season, *Tangled* is a story of adventure, heart, humour and hair... lots of hair.



OPENING 23 DECEMBER



Title: Little Fockers
Genre: Comedy
Stars: Robert De Niro, Ben Stiller, Jessica Alba, Owen Wilson, Teri Polo, Dustin Hoffman, Barbra Streisand, Blythe Danner, Harvey Keitel, Laura Dern
Director: Paul Weitz
Synopsis: It has taken 10 years, two little Fockers with wife Pam, and countless hurdles for Greg to finally be accepted by his tightly wound father-in-law, Jack. After Greg takes a second job with a drug company, Jack's suspicions about his favourite male nurse come roaring back. When Greg and Pam's entire clan - including Pam's ex - arrive for the twins' birthday party, Greg must prove to the sceptical Jack that he's fully capable as the man of the house. Will Greg pass Jack's final test and become the family's next patriarch... or will the circle of trust be broken for good?



OPENED 16 DECEMBER



Title: Stone
Genre: Drama | Thriller
Stars: Robert De Niro, Edward Norton, Milla Jovovich, Frances Conroy
Director: John Curran
Synopsis: As parole officer Jack Mabry counts the days toward a quiet retirement. He is asked to review the case of Gerald 'Stone' Creeson, in prison for covering up the murder of his grandparents with a fire. Now eligible for early release, Stone needs to convince Jack he has reformed, but his attempts to influence Jack's decision have profound and unexpected consequences for them both.



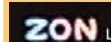
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FRIDAY 24

[illegible]

Christmas Services

Sun Dec 19th
10:30 am **Family Christmas service**
Service with refreshments will be served after the service.
International Community Church, Lagos
Trinidade de Santo Amaro 5, Lagos
www.icc-lagos.org

5:00pm Portuguese Christmas Family Service
International Evangelical Church of the Algarve
Vale Judeu

6:00pm Carol Service
All Saints Anglican Church
Convento de S. José
Lagoa

Fri Dec 24th
7:00pm **Christmas Eve Candlelight Carol Service**
(with life size manger scene)
International Evangelical Church of the Algarve
Vale Judeu

11:30pm Midnight Mass
All Saints Anglican Church
Convento de S. José
Lagoa

[illegible]

06:00	Milk & Honey	06:00	Millie & Me
09:35	K9	09:35	K9
10:40	Ice Re	10:40	Ice Re
11:45	FILM: The	11:45	FILM: The
13:45	News	13:45	News
14:15	CSI: Crime	14:15	CSI: Crime
15:15	FILM: The	15:15	FILM: The
17:00	Five	17:00	Five
19:00	Needing	19:00	Needing
19:25	Live	19:25	Live
19:30	High	19:30	High
20:00	Emmer	20:00	Emmer
21:00	Law	21:00	Law
22:00	Inten	22:00	Inten
22:55	Law	22:55	Law
00:55	Sho	00:55	Sho
01:55	Poko	01:55	Poko
04:45	Mech	04:45	Mech
05:00	Chr	05:00	Chr

[illegible][illegible]

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Egsv

Medium

Hard



CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.



(Right: Last week's solution)

Last weeks solutions:

6	8	7	5	9	1	4	2	3	6	1	5	9	4	8	2	7	3	8	6	1	7	5	2	3	4	9
3	9	2	7	8	4	5	6	1	9	3	7	1	2	6	5	8	4	9	5	2	3	1	4	7	6	8
5	1	4	3	6	2	8	7	9	2	4	8	3	5	7	9	6	1	4	3	7	6	8	9	5	1	2
1	4	5	2	7	8	3	9	6	3	7	1	6	8	2	4	9	5	7	9	4	1	6	3	8	2	5
9	3	6	4	1	5	2	8	7	8	6	9	5	1	4	7	3	2	2	1	3	5	9	8	6	7	4
7	2	8	6	3	9	1	4	5	5	2	4	7	9	3	6	1	8	6	8	5	2	4	7	1	9	3
8	5	9	1	4	6	7	3	2	4	5	6	8	7	1	3	2	9	3	7	9	8	2	6	4	5	1
4	7	1	9	2	3	6	5	8	7	8	2	4	3	9	1	5	6	5	4	8	9	7	1	2	3	6
2	6	3	8	5	7	9	1	4	1	9	3	2	6	5	8	4	7	1	2	6	4	3	5	9	8	7

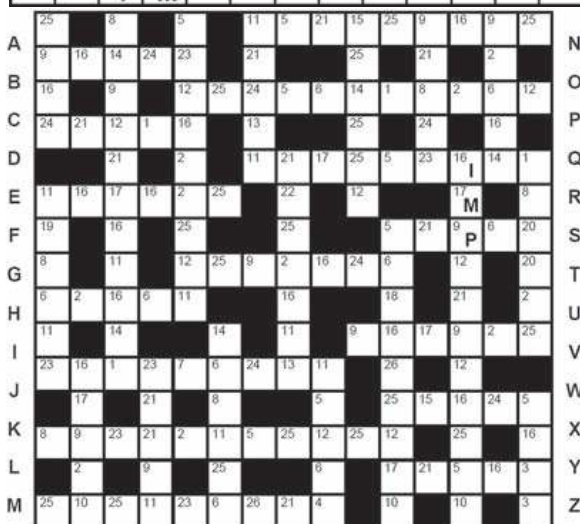
This week's
Crossword
Prize
WIN



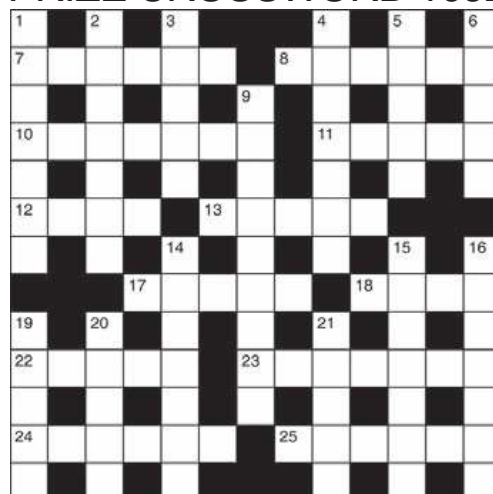
**ALGARVE - ARTISTIC
IMPRESSIONS
BY DANIEL
HASSELMYR**

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PRIZE CROSSWORD 1092



We have a copy of **ALGARVE - ARTISTIC IMPRESSIONS** for the sender of the first correct solution drawn on Thursday. Solutions by post to: The Portugal News Crossword Nº 1092, Apt. 13, 8401-901 Lagoa; or by fax to: 707941201, or scan and e-mail to: Sherry@theportugalnews.com. **(Be sure to enclose your name, address and phone number.)**

ACROSS

7. Clear (6)
8. Ensnare (6)
10. Manacle (7)
11. Goblin (5)
12. Conceited (4)
13. Dull (5)
17. Syrup (5)
18. Wise (4)
22. Gangling (5)
23. Sparkle (7)
24. Fertile (6)
25. Hat (6)

DOWN

1. Vast (7)
2. Living in water (7)
3. Dangerous (5)
4. Captive (7)
5. Storey (5)
6. Bulge (5)
9. Dry (9)
14. Afloat (7)
15. Support (7)
16. Under (7)
19. Frank (5)
20. Light meal (5)
21. Lesser (5)

WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.



BELL, CAROLING, PUDDING, TREE, DECORATION, ELVES, EVERGREEN,
FRANKINCENSE, GIFTS, MERRYMAKING, MISTLETOE, MYRRH, NATIVITY,
POINSETTIA, REINDEER, SANTA, SOLSTICE, SLEIGH, STOCKING, TURKEY,
TRIMMINGS, WREATH YULE

SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.



Last week's solutions

Across: 1 Focus; 4 Rousing; 8 Oppress; 9 Gusto; 10 Head; 11 Fruition; 13 Deck; 14 Flee; 16 Imprison; 17 Lair; 20 Elite; 21 Proceed; 22 Shelter; 23 Giddy.
Down: 1 Foolhardiness; 2 Copra; 3 Seed; 4 Resort; 5 Ungainly; 6 Inspire; 7 Good-naturedly; 12 Accident; 13 Deprive; 15 Torpor; 18 Amend; 19 Long.

Last weeks winner: Pat Allen from Almadina, Lagos

Last week's solution:



AMI licence 7673

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sarah@algarvemanta.pt

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Office phone/fax:

00351 281 952 820

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**Ref 1055 Vila Real de Stº Antonio - € 80.000**

Apartment with one bedroom in a brand new block very close to the centre of town, luxury finishes. All facilities and restaurants easy walking distance away.

**Ref 482 Altura - € 108.000**

One bedroom apartment approx 10 mins on foot to the beach. On top floor with lift and space in basement garage, the resort of Altura has many restaurants and cafes.

**Ref 1005 Vila Nova de Cacela - € 121.000**

Two bed, two bath, higher ground floor apartment with patio and BBQ. Space in basement garage and communal roof terrace, 1600m from the beach at Manta Rota and close to all local facilities.

**Ref 1053 Tavira - € 159.000**

Fully furnished and equipped beautiful 2 bed, apt with spectacular views of Tavira and the ocean. Private enormous roof terrace and space in basement garage. Good price as sold ready to rent out or live in.

**Ref 941 Conceição de Tavira - € 220.000**

Three bedroom very generous end of terrace house with various patios and verandas, private closed garage in the basement, shared pool, extremely close to Benamor Golf course and the facilities of the village.

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Villa with 446 square metres of construction area, 5 bedrooms, 5 bathrooms, 2000 square metres plot of land. Built to the highest standards. Fully fitted kitchen (Poggenpohl+Gaggenau). Underfloor heating. Large terrace overlooking infinity heated swimming pool (5x10 meters) and the sea. South facing, with fantastic sea and country views. Near the "Longevity Wellness Resort" and the charming village of "Caldas de Monchique" an it's thermal SPA, in the council of Monchique, surrounded by lush green areas. Lots of privacy and in a very quiet setting. Very rare opportunity to buy property with such modern quality finishing in the area.



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VILAMOURA

Ref. V82363

2.400 sq.m. plot. Two bed prefabricated house. Furnished and equipped. Alarm. A/c. Private garden with pool and lovely BBQ area. Approx. with 80 fruit trees. South facing. Private borehole.

Price: € 170.000



VILAMOURA - LAGUNA

Ref. A102659

Luxury two bedroom penthouse apartment. Complex w/ reception, restaurant, large manicured gardens, pool and jacuzzi. 20 min. walk to the Marina & the beach. Top finishes. Furnished and equipped. A/c. Private parking space. Fabulous golf & sea views. Near all amenities.

Price: € 395.000
(reduced from € 495.000)



VILAMOURA - MARINA

Ref. A92552

One bedroom apartment within walking distance to the Marina and the beach, approx. 4/5 minutes. Near all amenities. Furnished and equipped. Recently refurbished. South/West facing. Excellent letting potential.

Price: € 80.000



VILAMOURA - PINHAL

Ref. V102820

Four bed villa inside the Pinhal Golf Course. 250 sq.m. 15/20 minutes walk to the Marina. 500 sq.m. plot. Furnished and equipped. Large lounge with fireplace. Large balconies with lovely panoramic views. Basement. Private garden with pool and barbecue area.

Price: € 450.000
(reduced from € 550.000)



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Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira

High quality 3 bed / 3 bath villa (293 m2) with study, 10m x 5m swimming pool and large basement / garage (137 m2), located on 1074 m2 plot in walking distance to Tavira. Underfloor heating. Must be seen.

Ref: LHV-901 Price: € 749.000



Tavira

Well-presented 3 bed / 3 bath villa (181 m2) with large pool & beautifully landscaped garden located in walking distance to Tavira centre. Plot of 1049 m2 offering nice sea views. Great rental potential.

Ref: LHV-1085 Price: € 599.000



Tavira

Good quality 3 bed / 4 bath villa (149 m2) with private pool and garage (62 m2), located in closed condominium in Tavira on 697 m2 plot with nicely landscaped garden. Air-con, pre-installed central heating.

Ref: LHV-1124 Price: € 445.000



Tavira

Attractive 4 bed / 2 bath villa (132 m2, excl. terraces) situated in lovely resort with 2 communal pools, tennis court, gym, restaurant and bar. Nice plot of 270 m2. Easy walking distance to Tavira centre.

Ref: LHV-1118 Price: € 229.000



Tavira

Brand new, attractively priced 2 & 3 bed apartments with communal pool and closed garage, located right in the heart of Tavira. Fully equipped kitchen. Good-size rooms. Good value for money.

Ref: LHA-1023
Price: from € 145.000



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- Air conditioning & heating
- Apartment 184m²

Ref. A1211
Price: € 195.000



Santa Catarina

- Large traditional cottage
- Main cottage 1 bedroom
- Annex cottage 2 beds
- Plunge pool & terraces
- Garden & barbecue
- Cott. 275m² plot 2.372m²

Ref. C1198
Price Reduced: € 250.000



Castro Marim

- Lovely traditional house
- Views Guadiana & Spain
- 3 bedrooms 2 bathrooms
- Large attic / extra rooms
- Garage, garden, trees
- Cott. 160m² plot 1.800m²

Ref. C1277
Price Reduced: € 265.000



Moncarapacho

- Spacious rental property
- Villa, apartment & studio
- 5 bedrooms 5 bathrooms
- Pool, shower, pool house
- Garage, store, garden
- Villa 216m² plot 10.160m²

Ref. V1291 - Quick Sale
€ 595.000 - Open to Offers



Tavira

- Spacious linked villa
- Country & sea views
- 3 bedrooms 2 bathrooms
- Lovely patio & BBQ area
- Roof terrace with BBQ
- Villa 262m², garage

Ref. V1412
Price: € 355.000

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Ref: A1357 Price: € 80.000,00



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Ref: V12687 Price: € 195.000,00



Vale Judeu

Attractive country villa composed of 3 bedrooms, 3 bathrooms, lounge with fireplace, dining room, kitchen and storage. Roof terrace and carport. Swimming pool and garden. Furnished & equipped. Plot area approx. 350 sq.m. Constr. area approx. 115 sq.m.

Ref: V12649 Price: € 365.000,00



Vilamoura

Beautiful villa composed of 3 bedrooms, 2 bathrooms, lounge with fireplace, dining room, kitchen, storage and terraces. Barbecue, carport, swimming pool and garden. Furnished and equipped. Plot area - 425 sq.m. Const. area - 128 sq.m.

Ref: V12685 Price: € 425.000,00

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Callicarpa Bodinieri 'Profusion'



Gaultheria mucronata.



If you're looking for colourful pots which will last a bit longer than a few shortlived pansies this winter, Hannah Stephenson tells us how it's worth shopping around for evergreen and berried shrubs and grasses.

Contain your winter wonderland

Garden centres are now awash with winter cherries (*Solanum capsicastrum*), bearing large bright-orange berries which look tempting but may not last too long outside unless you give them a really sheltered spot.

A better bet for a splash of colour in a contemporary pot would be *Callicarpa bodinieri* 'Profusion', a cold loving hardy shrub which produces bright-purple berries in winter, standing out among underplantings of ivy and winter-flowering heather.

Some shrubs last well in pots and can then be successfully grown in the garden. *Skimmia reevesiana*, a hermaphrodite producing vibrant red berries, looks wonderful in pots, as does its relative *S. japonica* 'Rubella',

with its deep-red flower buds, which can be a vibrant focal point in any container.

If you transfer skimmia from their pots to your borders in spring and you want berries in future years, make sure you grow male and female plants together. 'Foremanii' is female and produces large bunches of berries, while 'Fragrans' is male and recommended for its floral fragrance.

Deep-coloured heucheras also remain pretty hardy over the winter, contrasting well with variegated euonymus and seasonal accent plants including cyclamen from the Miracle Series, which will flower for weeks and tolerate mild frosts.

Viburnum tinus is another reliable evergreen shrub which can

comfortably fill a winter pot. Its buds reveal a dark pink tinge when they open, later lightening to pure white as the flowers open between late winter and early spring.

When planting your winter pots, buy a container labelled 'frost-proof' rather than 'frost-resistant', which will withstand the weather more effectively. Line the inside of the pot with plastic bubble-wrap to prevent compost from freezing and damaging the roots, but don't cover the drainage hole. Line the base of the pot with crocks or chunks of polystyrene to ease drainage.

Half-fill the pot with compost. For permanent plantings of shrubs and perennials, use a soil-based compost, which holds on to water and nutrients well while encouraging good air movement and drainage. Sit the rootball of your main plant about 2.5cm below the container rim, initially sitting the plant in its pot in the container to gauge the right depth.

Knock your plant out of its pot and position it in the container, holding it steady as you add more compost to secure it, and raise the level of compost to suit the other plants.

Many people forget about grasses in the winter, but it's a time when they can come into their own in pots, adding huge architec-

tural value and texture to the scene. And you can always transplant them into your garden when winter is over.

Sculptural grasses such as *Carex comans* 'Bronze form' can make a striking formal feature, while tall containers look great with sword-like phormiums and sedges, mixed with the cascading foliage of carex. They are extremely low maintenance and highly visual, particularly in winter when not much else can steal the limelight.

Alternatively, use a tall grass planted in a pot on its own, such as *Stipa gigantea*, a densely-tufted evergreen type that'll look great on a frosty morning and wave in the slightest breeze.

Of course, if you are a flower fan and want to make the most of winter blooms, you could plant up some hellebores in pots, which will provide a terrific display of foliage and flowers throughout late winter and early spring, in shades of white, cream, yellow, green, pink and purple through to almost black. They do particularly well in partially-shaded areas.

There's really no reason that you can't have beautiful winter containers of plants which you can transfer to beds and borders at a later date to give you pleasure in years to come.



Skimmia reevesiana



Heucheras



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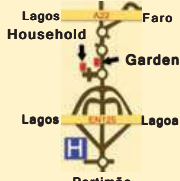
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Put fun, not sprouts, on the kids' Christmas menu



Brussel sprouts are on the menu and the kids look murderous. So how do we get the kids to smile about Christmas food? Our parenting expert Lisa Salmon looks at what they can eat, which recipes go down well and how you can get them involved.



Annabel Karmel cooking with kids



The Complete Family Meal Planner by Annabel Karmel, published by Ebury

Parents everywhere will be slaving over a hot stove to make that traditional Christmas dinner for all the family.

But will everybody appreciate their efforts? The chances are that in many households the younger diners will be asked to eat only turkey, roast potatoes and gravy - if you're lucky.

The stark truth is that you've got about as much chance of bumping into Santa on Christmas Eve as you have of persuading kids that all traditional festive fare - including sprouts - is worth eating.

And there's no point even trying to change their minds, says children's cookery expert Annabel Karmel.

Forget about sprouts and other Christmas food that doesn't appeal to the juvenile palate, she says, and just make your Christmas menu children-friendly.

"The vegetable part is the bit you've got to look at," she says.

"Children don't often like sprouts - partly because when they bite into them if they're not cooked properly, water squelches out of them and that puts them off for life.

"If those kinds of vegetables aren't popular with your kids, I just wouldn't bother with them." Instead, make the food appetising and fun - like Karmel's Rudolph the Red Nosed Baked Potato recipe - and make it with the children's help.

Karmel, author of a host of children's recipe books, says the best vegetables to serve to children are broccoli, carrots and peas, plus stir-fried vegetables in a teriyaki sauce.

She says that as well as sprouts, children often hate mushrooms ("because they're slimy") and aubergines. So keep them off the Christmas menu.

"I think it's a texture thing - they often don't like avocado as

well, because it's mushy," she adds.

Karmel says the way food is cooked is also important - steamed broccoli, for example, is more appealing to a child than the boiled version.

Another part of the traditional Christmas dinner that children often don't like is Christmas pudding, says Karmel, because it's too rich for them.

Instead, she suggests a berry jelly, which can be made well in advance. Also, fruits on a skewer or a fruit salad with ingredients like lychees and clementines will be popular with kids, and healthy.

"Make them something you know they like to eat, so they're happy - and just don't get stressed about what they have - it's Christmas!"

Karmel doesn't recommend getting the kids to help cook Christmas dinner, pointing out that parents will be stressed enough without having the kids' culinary skills to negotiate.

The best time to get them cooking is before Christmas, she suggests, when they can make edible gifts, like Karmel's Stained Glass Window Cookies.

Anita Cormac, director of the Focus on Food campaign, which aims to raise the profile of food

education, agrees that making edible Christmas gifts is a great way of getting the kids cooking.

"Made just at the right time, who wouldn't welcome a basket of biscuits hand-decorated by their grandchildren?" she says.

"It's cheap, a unique gift and one that will delight everyone and be a real talking point over Christmas dinner."

And Cormac believes children can help with cooking that dinner - although perhaps only with carefully selected tasks.

"If you're feeling brave and you're able to tear the kids away

from their new x-box, there's no reason why they shouldn't help," she says.

"Stuffing the turkey is great, sticky fun, peeling sprouts can be turned into a competition, or making cranberry sauce can be their important contribution."

Cormac says weighing and measuring some or all of the ingredients before the kids help with Christmas cooking is a good time-saver, and points out that they should be encouraged to only make foods they like.

"It's common sense - there's no point in making life hard for yourself," she adds.



Anita Cormac, director of the Focus on Food campaign

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The food theme of the night is your choice, but you can rest assured it will be delectable!

About George Tannock

George Tannock was naturally drawn to the kitchen from the age of five. When on holiday in the Swiss Alps, he was dressed as chef and created chaos in the hotel kitchen.

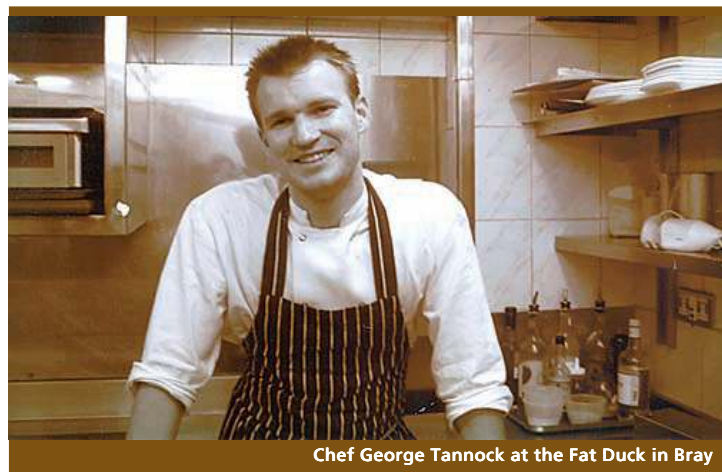
His first opportunity to start his journey as a chef, was an apprenticeship at the Dorchester Hotel in London when he was just sixteen. He followed this by working in some of the world's leading food establishments. The Fat Duck in Bray (3 Michelin stars), The Capital Hotel in London (2 Michelin stars), The Greenhouse Restaurant (1 Michelin star), and also in the prestigious Japanese restaurant Zuma. His last position in the UK was as Senior Sous Chef at the Capital Hotel. George has recently returned from working

as a private chef for the Weston family, and is now back in his birth place of Portugal and his skills are currently available to impress your guests.

Planning your event

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Chef George Tannock at the Fat Duck in Bray

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Third step - Chefs table will come to your home on the day and set up the dining room, cook and serve your delectable meal. Once you have finished your meal they will leave everything as they found it so all you have to do is relax and enjoy your special night.

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Chef George is also available for one-to-one cooking lessons where he will teach you how to prepare and cook any meal and then leave you to show off your cooking ability to your guests.

Speak to George on 917 301 396 or email: chef@chefstablealgarve.com or go to www.chefstablealgarve.com.

Join Chefs Table on Facebook for seasonal hints and cooking advice at: Chefs Table Algarve.

Sample menus

- Asian style prawn and avocado salad.
- Pan fried sea bream on a cherry tomato and borlotti bean cassoulet finished with truffle oil.
- Roasted quail breast with its braised leg, watercress risotto topped with pomegranate and raw button mushrooms, pomegranate jus.
- Chocolate and hazelnut ganache with rum caramelised banana and orange foam

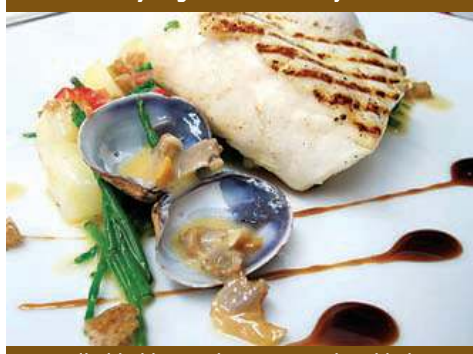
€45 per guest

- Seared tiger prawns with carrot tofu and a Thai coconut broth.
- Pan fried foie gras with a chive and crystallized ginger crust, beetroot remoulade and aromatic beetroot purée.
- Roast loin of pork with a girolles risotto, romanesco, charred white onion and prosciutto crisp.
- Hot dark chocolate fondant with a white chocolate and cardamom essence filling, raspberry coulis and vanilla ice cream.

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- Sorbet

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Sleeping Beauty Castle transformed into a sparkling crystal palace at Disneyland Paris.



Have a very Disney Christmas



Is the magic of Disney all it's cracked up to be? Tom Wilkinson heads to France's capital to find out.

Falling snow, a parade of princesses and a lollipop the size of a dinner plate - my three-year-old thought her Christmas had come early at Disneyland Paris, and perhaps it had.

The giant resort stretches out the festive period from the first weekend in November to January with a spectacular show of glitz, glamour and razzmatazz, enough to warm the heart of this old Scrooge.

It's impossible not to get carried away with the fun when you see it through the eyes of a mesmerised daughter who could not stop beaming after meeting Mickey Mouse and Disney's newest heroine Rapunzel, whose movie is not even out yet.

Rosie and I travelled to Disneyland Paris for our weekend break from St Pancras International by the daily Eurostar service.

Other holidaymakers sharing the smooth ride across Kent and the French countryside - including a barely-noticed passage through the Channel Tunnel - helped crank up the excitement levels on one of the happiest train carriages I have experienced.



Tom and Rosie Wilkinson about to enjoy the Teacups ride at Disneyland Paris.

Soon we were at Marne la Vallée station, which might as well be renamed Disneyland as it was so close to the mega-attraction's two parks and adjoining retail village.

Our Hotel New York was a couple of minutes' walk away, and we swiftly checked in next to the huge Christmas tree in the lobby.

But it was dwarfed by the 24m tall, 24-tonne pine that Disney unveiled at the start of its Christmas celebrations.

The tree, in the square of Main Street USA, boasts almost 500 bulbs, and the star at the top is lit every night in a charming ceremony.

Despite rainy skies, Disney magic still made it snow on Main Street regularly during the festival. It's actually a soap solution falling down but the effect is deceiving, especially as darkness fell.

But Disney doesn't really do darkness, as more than a million lights illuminate the Town Square, Main Street and Sleep-

ing Beauty Castle during Christmas.

Main Street - a recreation of a 19th century American town - is the venue for the Dreams of Christmas Parade, when all your favourite cartoon heroes pass before your eyes on floats, in an all-singing and all-dancing spectacular.

It proved to be a highlight for my little one, and for hundreds if not thousands of others who lined the parade route to get a good view of their best-loved heroes.

When the float carrying all the princesses, including her all-time favourites Jasmine (from Aladdin) and Ariel (from the Little Mermaid), arrived, Rosie's eyes were on stalks.

The Disney characters also crop up across the two theme parks, their restaurants and even our hotel, seemingly at random, though obviously with careful planning. And they get mobbed like the movie stars they clearly are.

It's hard to overestimate how

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exciting it is for a three-year-old to cuddle Mickey, Donald, Goofy and the rest. Some children ask for their autographs.

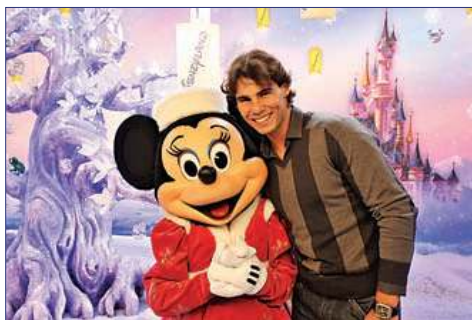
When we weren't star-spotting - tennis ace Rafael Nadal was visiting when we were there - Rosie and I tackled as many rides as we could.

Her undoubted favourite was a gentle boat ride called It's A Small World which takes the visitor on a five-minute trip round the globe, populated with dancing dolls.

Rosie also liked Autopia, where riders get to drive cars round a track. Quite a thrill for a little girl who could barely see over the steering wheel.

Over in the neighbouring Walt Disney Studios Park, she loved the fairly new Slinky Dog Zigzag ride for novice rollercoaster riders, and the Aladdin-themed Flying Carpets Over Agrabah ride where you can make your carpet rise and fall as it spins around.

Our visit coincided with the



Tennis star Rafael Nadal meeting Minnie Mouse during the Christmas season launch

launch of the new Rapunzel character, whose film comes out in the UK next year.

We bumped into her as she prepared to join the evening parade, and the new heroine happily posed for pictures with my star-struck little girl.

Rosie's afternoon got even better when Goofy then Winnie

the Pooh popped up in quick succession. If you want to meet some furry heroes, hang about in Fantasyland close to where you think the parade may start.

For Christmas, Santa has been invited to set up his workshop in the theme park, and children drop off letters for him at a special post office.

We also enjoyed an ice-skating show involving Mickey Mouse and friends, three bears and a bit of slapstick fun.

There was so much going on, it would be easy to miss something great. Luckily, Rosie was too small for some of the more dangerous or scary rides, as we could never have crammed everything in.

Some rides get very busy, but quieten in the final hour of opening, as many visitors with younger children leave early. Disney also uses a Thor Fastpass system which allows you to 'pre-book' a place on particularly popular rides while you do something else, like eat.

There's a range of food on offer, from chicken nuggets, pizza and chips to spicy North African fare in the Aladdin-themed Agrabah Cafe and even high-end French food in the Cinderella-inspired Auberge de Cendrillon.

Disneyland Paris staff use both French and English and even the shows are bilingual.

As Santa waved us off into the night, my daughter did not bat an eyelid when he wished us both a "goodnight" and a "bonne soiree". Well, that's the magic of Disney.



Santa Goofy enjoying the Disney Enchanted Christmas



A stunning tree lighting show in Town Square

Key facts - Disneyland, Paris

- **Best for:** People who just love Christmas.
- **Time to go:** Before December 25.
- **Don't miss:** The 5pm parade with Father Christmas and Disney favourites on Main Street USA.
- **Need to know:** Think about taking a stroller even for older children - walks are lengthy for little ones and the fun is tiring.
- **Don't forget:** Wellies in case of rain as puddles can be big.

Travel facts

Tom Wilkinson was a guest of Disneyland Paris which offers two-night, three-day packages including return Eurostar travel in December from £412/€486 per adult and £178/€210 per child (7-11), and £65/€76.70 per child (4-5, travel only). Under-7s stay and play for free in Disney's New Generation Festival until 31 December.

Package including two nights' B&B at Disney's Hotel New York and three-day hopper tickets for Disneyland Park and Walt Disney Studios Park. Same package at Disney's Hotel Santa Fe from £287/€338.56 per adult, £178/€210 per child.

Disneyland Paris reservations: 0844 800 8111 and www.disneylandparis.com

Eurostar return standard class returns from London to Disneyland Resort Paris (not Tuesdays and Saturdays, except in school holidays) start at £69/€81.40 (adult) and £44/€51.90 (4-11s).

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Suffering with a cold.



Keep colds at bay

Nobody wants a cold or the flu, especially during Christmas party season. Lisa Salmon looks at the myths and truths surrounding these common illnesses and asks the experts how to best avoid the sniffles.

There's nothing worse than suffering from the snivels during the Christmas social whirl.

As well as feeling ill, colds and flu make you miserable - in fact, a recent survey by Kleenex Balsam found two thirds of people say they undergo an emotional transformation when they've got a cold, becoming ill-tempered, weepy or withdrawn.

TV psychologist Dr Jo Hemmings says: "When we come down with a cold - often several times a year - it plays on

our emotions and makes us act and feel out of character.

"I know that I become more withdrawn from my friends and colleagues, preferring to hibernate in my bed rather than socialise."

It would be lovely to be able to avoid colds, flu and the misery they bring - but is there really anything you can do?"

If anyone knows, it's Professor Ron Eccles, director of the Common Cold Centre at Cardiff University.

He explains that the only way to catch a cold is from another person, through coughed or sneezed droplets of mucus passed through the air or on fingers.

The virus may also survive briefly - probably only hours - on a surface the infected person's touched.

"Colds aren't that contagious," says Eccles. "You really need prolonged and close contact to catch one, and that's why most colds are caught at home."

Dr John Piper MB, BS, FRCS

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"You can catch them at work or on public transport, but people snuggle up at home and spend hours in the house together and, of course, if somebody's got a cold, all the surfaces are likely to be covered with viruses."

It's impossible to completely avoid colds and flu. For example, it's estimated that 20% of passengers could catch a cold after travelling on a plane on which another passenger has the virus.

When you do succumb, over-the-counter painkillers like paracetamol, aspirin and ibuprofen are a good first treatment, as they'll control cold and flu symptoms like chills, fever, sore throats, headaches and sinus pain.

Hot drinks like honey and lemon or cordial will help to soothe sore throats and coughs, or you can buy convenient medicated hot drink sachets.

But Eccles points out that if you have a blocked nose, the best treatments are nasal sprays, which will open up the nasal passages for around 10 hours and aid sleep, which can be difficult with a blocked nose.

Cold myths

There are numerous myths and truths about how you catch colds and treat them, with one of the most well-known being that if you're not wrapped up warm on chilly, wet days,

you'll catch a cold.

Eccles says: "It's a controversial area, but I do believe that chilling brings on common cold symptoms if you've already got the virus in the nose and throat. Chilling will weaken the defences in the nose and throat by causing the blood vessels there to constrict."

"Not everyone accepts that, but if you look at the history of colds, that wasn't just a belief, it was taken as fact."

The Common Cold Centre carried out a study into the effect of chilling, by dipping the feet of 90 students in cold water and leaving a control group of another 90 students with warm, dry feet. There were far more colds in the chilled group than in the control group.

Eccles says children being out in the cold playing in the snow, for example, isn't a problem because they're exercising and keeping warm.



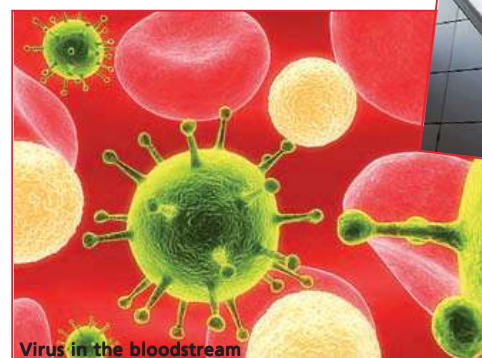
Using nasal spray



Washing hands



crowds at a busy station



Virus in the bloodstream



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Sick with a cold



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"It's when you sit down in cold, wet clothes and get a chill that there can be a problem. If you've been out in the snow, change out of your clothes and you'll be fine."

As for that other widely repeated adage of 'Feed a cold, starve a fever', Eccles suggests it's simply a mispronunciation of 'Feed a cold to stave a fever': "That means when you've got a cold, look after yourself to make sure it doesn't get worse."

Other myths suggest the cold weather kills viruses, when in fact it cools the nose and throat, making a person more susceptible to catching a cold.

This might explain why there are more colds around in winter, although other theories suggest it's linked to lower levels of vitamin D, which sunlight makes in the skin, or perhaps even that sunlight kills viruses.

And it could simply be because when it's colder, we spend more time indoors with other people, so viruses spread more easily.

"It's probably a mixture of all of those," says Eccles, "but I'm more in favour of it being linked to us not wrapping up our noses when we go out in the cold."

Cold vs Flu

Many people will declare that they have flu when they just have a cold, but Eccles points out that this is because the word 'flu' now describes a set of symptoms, including fever, feeling tired, perhaps a cough, muscle aches and pains.

Such symptoms can be caused by both the influenza

Sneezing into a tissue to contain the virus



virus, and also the common cold virus: "There's a lot of overlap between the two - flu is just a layman's term for severe illness, which can be caused by many different viruses, including influenza."

Influenza is often more severe than a cold, because their viruses are usually new, like swine flu, and our bodies don't have defences to them.

"Everybody reacts differently to viruses," says Eccles. "Some have strong symptoms, and others may not react at all."

And as a final tip for avoiding colds and flu, he laughs: "Just avoid all human contact. Become a hermit - if you never go out of the house and live on your own, you'll never get a cold!"

How to avoid colds

- Good personal hygiene is important in avoiding colds, so don't touch your nose or eyes with your fingers.

- Avoid crowded places if possible, but if you can't, wash your hands when you get home or to your destination.

- Some people take herbal remedies like echinacea to try to stave off colds, but Eccles warns that while there's "very weak evidence in favour", those who want to try herbal remedies should go for the highest quality products from established manufacturers.

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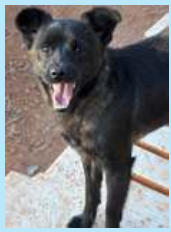
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VERONICA is a very little dog, she is 1 year old and is absolutely sweet and adorable. She wants constant attention of course, but gets on very well with other dogs and cats. Veronica is vaccinated, wormed, deflead and she is spayed. She is worth a visit. For more info call Valerie (Refúgio dos Burros) 913 860 865 or lili10.evann@yahoo.fr



JOSHUA is one of the many young dogs wch are waiting for a nice loving home at the Refúgio dos Burros. He is 7 months old now, and has been with us since he was a puppy. He has turned into an adorable young dog, very playful and sweet. Joshua is fully vaccinated, wormed and deflead. Call Valerie (Refúgio dos Burros) for a visit 913 860 865 or lili10.evann@yahoo.fr



ROY was found in Carvoeiro in August by one of our volunteers. We thought somebody would come and ask for him as we put posters everywhere and informed the vets. He is still at the Refúgio dos Burros waiting. He gets on very well with other

dogs and is a sweet little chap. Roy has been wormed, deflead and vaccinated. If you want to give him a nice home, call Valerie 913 860 865 or lili10.evann@yahoo.fr



A very sweet dog was found on the EN125 near Aldi in Alcantarilha. He is young (circa 1 year old), sociable and well cared for. He is looking for his owner or a new owner. Contacts: English Tel: 309403748 / 964218403 email tinaandrhanna@yahoo.co.uk Portuguese: email laura.sosalgarveanimals@hotmail.com



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Christmas warnings



Chloe

The first Christmas Day we were here we had visitors for dinner who had left our gates open, Jessie, Julie's GSD, escaped and was poisoned, she was off to the Vets and on a drip.

So to a few pieces of advice to avoid some of the problems over Christmas. Most of these are fairly obvious to us all but worth remembering.

* If you have a real tree keep clearing the needles up daily as they can get stuck in paws, noses and throats.

* Please avoid having flashing lights on the tree as these can cause the dog to go into attack mode on the tree. Also they can severely un-

nerve and frighten some dogs.

* Secure ALL trailing light wires.

* Decorate the tree with unbreakable baubles-especially here with our tiled floors. Keep

Statistics seem to prove that Christmas is a time for accidents-both with people and our four footed friends.

On looking back over the years in our own family we have a few events which involved Vets visits which are, in the UK at any rate, the most expensive of the year.

My first Old English Sheepdog many, many years ago chose Boxing Day to wake up crippled which involved carrying him, (he weighed 8 stone at the time) to the car and the Vets. He was diagnosed with arthritis, put on the basic drug of the day, now not widely used, and put on a strict diet! I managed to get his weight down by half and he lived another active and happy 4 years on those drugs.

Another time we were out walking along the dunes between the sea and a river on Boxing Day with Lennie and Maisie, both of them went in the river. Of course Lennie, being Lennie, within 15 minutes he was at deaths door with a dreadful virus transferred by seagulls. His Auto Immune made this mega dangerous for him. Julie drove me off for the emergency visit, Lennie sprawled across my lap a limp heaving wreck. He went on a drip for 24 hours! We later heard several dogs had succumbed that day. Lennie also went into an Addison's Crash on New Years Eve 2003, another fraught few hours.

tinsel and ribbons up high as that can play havoc with the digestive system. Don't put a white angel or similar on the top of the tree, this is spun glass and if it falls, breaks and they pick any up it will shred the dogs insides if digested.

* Alcohol will make your four footed friend very sick-please remove any glasses with small amounts of alcohol in them or you may end up with a dog or cat with a severe hangover.

* Festive blooms are poisonous---avoid poinsettias (I have one in the garden that I will monitor more closely), holly and mistletoe---not that I suspect we can find that down here in the sun!

* Human chocolate is dangerous, only use doggy chocolate. Dried fruit, Sultanas and nuts are

also not recommended.

* Do not let them overeat on the left over Christmas dinner---I have made this mistake with mine before---I regretted it, you think you are giving them a treat but there digestive system is not designed for turkey with all the trimmings---well my dogs were not anyway and I paid a high price---well messy price. My best ad-



Cassie



Merlin

vive I think is to take the dogs to a long sandy beach and go for a long run---then they can sleep while the rest of us silly human beings eat and sleep.

Have a great and safe one. Happy Christmas from all at Paws4Pets.

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Red my lips



Lisa Haynes helps you prime your pout for mistletoe season with lip-smackingly good tips from the experts.



With mistletoe season in full swing, priming your mouth for party pandemonium should be top of your beauty Christmas list.

Forget gazing into Mr Right's eyes, with statement mouths on the style agenda he won't be able to stop staring at your lips.

Dramatic lips were virtually a fashion accessory on the autumn/winter catwalks. Yves Saint Laurent showcased a glossy berry shade while Dolce & Gabbana models pouted in matte ruby red.

Leave the nudes and neutral hues until New Year and think high voltage drama with look-at-me lips.

If you haven't got the time, energy or Christmas coins to splurge on a new festive outfit this year, an eye-catching pout is all you need to super-charge your seasonal look.

Go in search of your 'signature shade', which make-up artist Rae Morris says is "the colour that suits you perfectly and makes you look and feel great".

Create a queue under the mistletoe. With lips looking this good, your pout is sure to be the star attraction this Christmas.

Get ready - Pout prep

Whether you steal a Christmas kiss under the mistletoe or ditch

the men for lashings of Christmas cocktails, canapes and festive chit-chat, your lips will be working as hard as Santa and his elves during your party season peak.

Before you decorate your lips, prep them to create a smooth, even base that will dictate the final look: "To ensure a smooth application, buff and balm the lips before applying any colour," says Rimmel London make-up artist Kirstin Piggott. "Use a lip scrub or a toothbrush to remove any dry flakes of skin, then lightly apply a lip balm, remembering to remove any excess, as this prevents your lipstick from sliding off."

"Then apply a little foundation over your mouth as a base for your lip colour - this will help prevent the colour from bleeding."

Set - Colour slick

Forget the clutches and costume jewellery, think of your chosen colour as your killer accessory for the party season.

Your shade needs to pack a punch, brighten up your outfit and enhance your appearance - all in a 30-second slick of a lippy, gloss or tint.

Be a seasonal siren in a festive red that would give Father Christmas's coat a run for its money.

"Red lips are intense, elegant

and an instant way to brighten your complexion," suggests L'Oréal Paris's creative director James Kaliardos. "Bright reds suit paler skins while tanned complexions can pull off deeper plum and burgundy shades."

Dramatic lips look their best when they punctuate an otherwise nude face - a wash of subtle eyeshadow on your lids and a touch of mascara are all you need.

Go - Kiss!

Drinking, nibbling, nattering - and potentially smooching - are a prerequisite of any party queen's advent calendar.

Festive fun can result in lipstick smudges, fading and mystery disappearance but who wants to be permanently attached to a compact mirror for reapplications?

Give your lips longevity with a longwear product that's designed to stay put.

"Powder lightly around your mouth - but not on lips - if you have a tendency for lip bleeds," advises make-up artist Rae Morris.

"Pencil in the whole lip if you want to use a lip liner, so when your lipstick fades you're not left with an Eighties lip line."

"If you want your colour to last longer, use lip gloss more in the winter because of the drying effects of the weather."

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From computer screen to party queen

Be the belle of the Christmas ball with Lisa Haynes' hottest party looks.

Everyone has a different definition of glamour. From a slick of mistletoe-luring lip to lashings of sparkly glitter, the festive season is your licence to go wild with individual looks.

But one thing is pretty uniform when it comes to party time: we all dip into the cosmetics bag more in the festive glamathon.

Around 50% of women admit to wearing more make-up than usual during party season, with 37% confessing to piling on the war paint to guarantee being captured in a good light in all those Christmas photos.

The cosmetics bag was named-checked as 'the' top festive essential by 32% of women, according to a recent survey by Sheer Cover mineral make-up.

Don't risk being outshone by the Christmas decorations this year.

Natural beauty or drama queen, whichever make-up tribe you fall into there's a look for you to shine through the party season.

Transformer tribe

It's a 10-minute countdown to party time and you're most likely cramming in an outfit change, hair rescue and make-up transformation, while simultaneously texting your pals to tell them you'll be late. Sound familiar?

Quick-fix beauty techniques will help take you from computer screen to party queen in no time.

"To go from day to evening, it's important to change textures to give a different and more glamorous look," advises make-up artist Bobbi Brown.

"Give your eyes a lift by adding a touch of colour or building on the eyeshadow you're already wearing".

"Try layering on an additional coat or two of a stronger metallic shade. By building on the colour, you're adding texture and shimmer to your eye make-up - a perfect look for evening glamour."

Natural beauties

You would rather people comment on your designer party heels or sequinned dress than your make-up and prefer to leave the explosion-in-a-glitter-factory look to the teenagers.

If you're a fan of the no make-up look, understated with a seasonal twist is your key to party perfection.

Using an iridescent shimmer is the ideal solution to enter into the festive sparkly spirit in the most subtle way.

No.7's Lisa Eldridge suggests: "Apply to shoulders, collarbones and high points of the face".

"Most shimmers are so buildable you can either go for a subtle shine or full-on glitter depending on your mood."

Drama queens

Whether it's notice-me colour or the glam glitter ball look, you want to pack a punch with your make-up for the festive season.

Throw on a classic LBD and let your make-up do all the talking.

"Instantly update the smoky eye with a statement colour - it's sure to grab some attention on the dance floor," suggests Max Factor make-up artist Caroline Barnes.

"Apply a matte black shadow along the lash line top and bottom, over the eyelid and into the socket."

"Next, blend in your chosen vivid eye shadow along the socket line."

Night owls

Unlike Cinderella, you consider a big night out ending before midnight to be an epic fail.

If you might need to dance until dawn, your make-up needs to last through 'til the twilight hours' without you worrying about pesky re-applications.

Who wants to run off to apply mascara when your all-time favourite festive song is being cued up in the DJ booth?

"Using a powder will help your make-up to stay put all

night," recommends Benjamin Rousseau, Lancôme make-up artist.

"If you're concerned about your powder looking too matte, a great tip for an evening look is to add shine in places where the light would catch your face naturally, such as the bridge of your nose and above your cheekbones."



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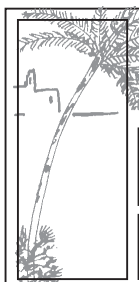
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Announcements

AVON PRODUCTS 20% off all products in stock in December. Available at C.A.R.D.S., Rua Moinho do Azeite, Lagos

CANCER MEETINGS Have you been affected by Cancer? Members of the women's cancer support group meet for advice or an informal chat on the first Wednesday of every month in Loulé. If you would like to join us, please contact Vi on 289 882 680 or 917962255.



CHRISTMAS FAIR in aid of the NECI School. Sat., Dec. 18th, 11am to 5pm at the Mirage Restaurant in Praia da Luz. Stock up on Hand Crafted Items, Christmas Gifts, Cakes, Ketley's Smoked Products & Wendy's Cheese & Pickles. SANTA'S GROTTTO will be open for the children, get their picture taken with Santa and a free lucky dip. Come along for some Christmas Cheer. For more info, contact 919-117108 From the EN125, turn for Luz at lights opposite Espiche, pass 1st roundabout, take 2nd left, Rua do Ramalhete, follow road all the way until end, Mirage on left hand side, plenty of parking. <http://www.luz-info.com/bars.htm#Mirage>

Add a photo to your advert for more impact: B & W, 4cm wide €10 Colour, 4cm wide €15

Classified Hotline on 707 500 646

CASA - IS a local social group established over 20 years ago. A friendly group who have a monthly newsletter and at least one activity per month, usually dinners at local venues. We have and annual trip to Spain or within Portugal, plus other activities. Open to everyone. For more information and a sample newsletter give Mary a call on 282 357 275.

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FREEHOLD BAR FOR SALE - LAGOS CENTRE Fully Licensed, equipped & recently refurbished. Licensed 8:00am-2:00am for drinks & snacks, seats 45. Serious enquiries only. Tel: 913 358 837 e-mail: ange_duncan@yahoo.co.uk

Charities

AYAMONTE ANIMAL Rescue Fund Raising Craft Fair & Car Boot Sale. Calico Park 0034 959053096.

NANDI ANIMAL Charity/ Lagos continues this week to thank folks who help us in special ways year in and year out. Thanks to Paula Carmo for her invaluable interpreting. Thanks to Beryl Hogger, who donates proceeds from sales of her homemade jam and greeting cards to Nandi. Above all, thank you to Nandi volunteers, donors, customers and partner veterinary clinics for their support of Nandi and the animals we help. Happy holidays! God bless us, everyone!



www.theportugalnews.com

CAR BOOT Sale held every 3rd Sunday of the month at Restaurant 'Quinta dos Areões', adjacent to the Veterinary Clinic in Espiche. Stallholders pay from €3. All proceeds go to Rosco's Charity Association. Call Alfred on 919886955 or contact us on our website www.roscofoundation.org for more information.

CHARITY SHOP, Montechoro, Albufeira (behind chemist's) needs volunteers to help in the shop. Please ring Lesley: 962 414 584

WANTED: THE Donkey Sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre, Av. Mateus Teixeira de Azevedo, 61A (Opposite Skippers Bar). Come and browse, come and bring clothing, bric-a-brac, books. Open Wednesdays, 2:30-4:30pm and Saturdays 10:30am - 12:30pm. Phone 917872559/ 913617991 for further details. Volunteers needed so we can open more frequently.

CHARITY BOOK Sale & Coffee Morning. 2,000 nearly new paperbacks at 70c each. All proceeds in aid of The Boy's Home in Faro. Friendly atmosphere in pleasant surroundings. Every Friday from 10:00am to 12 noon, in the Village Hall, Monte da Palhagreira, Gorjões, Sta. Barbara de Nexe. Info. Tel: 289 990 901.

ALBUFEIRA ABA Charity shop, 41D Avenida do Ténis, open Tuesday to Saturday 10:30am until 2:00pm (next door to the Galeano Park) on the road that leads to the Marina, from the dual carriageway. We are an independent charity, using the income from the shop for neutering animals. Please help us by donating items for sale.

APAA CHARITY Shops. Cerro Grande, Albufeira, Tuesday to Saturday 10:30am to 2:00pm; Dunas do Alvor, Tuesday to Saturday 10:30am to 2:00pm and Sunday 10:30am to 1:00pm; Rua da Mesquita, Silves, Monday to Saturday 10:00am to 2:00pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help abandoned dogs and cats.

DO YOU have some spare time? Would you like to make new friends and help animals, too? Become a volunteer for the Nandi Animal Charity Shops in Lagos. Most volunteers work one half-day a week. Join us! We are a friendly group and we need you! For more information, call Susan at 918575533.

Place ads on-line at www.theportugalnews.com and get a 10% DISCOUNT

NEW CHARITY Shop opened in Guia, situated one way street 3 doors up from Restaurant Atlântico opposite carpark (3 mins from Algarve Shopping turn into Guia at Chicken Roundabout). Open 10:30am to 6:00pm each day except Saturday (10:30am to 1:30pm), closed Sundays. Books, excellent quality new and nearly new clothes for men, women, children and babies, toys, puzzles, bric-a-brac, towels, bed linen and many more quality items.

ASSOCIATION BIANCA, a registered Portuguese charity that runs an animal shelter near Lisbon (see more on www.bianca.pt/english) invites you to its online charity shop: <http://www.fazendoanimaisfelizes.blogspot.com/You> can buy or you can donate. Either way, you are helping to feed 250 dogs and 50 cats.

Education

ENJOYABLE, EFFECTIVE Portuguese lessons. Next beginners course starts 17 January. Individual lessons: 2 students together pay for 1. Centro de Línguas de Lagos. Call 282761070. Email info@centrodelinguas.com

WRITING CIRCLE in Lagoa Library with Jenny Grainer starting on October 12th at 10.30 then every 1st Tuesday in the month Tel: 963 518 184 jennygrainer@sapo.pt

Entertainment & Leisure

ALGARVEAN'S EXPERIMENTAL Theatre Group are active all year and need you as a member. Are you good with a needle or do you like to paint? Happy to go on stage and perform or would you prefer to assist backstage? Young or old join in the fun. Why not take a look at our website? www.thealgarveans.com. Want to be part of our group? Ring Pat on 282 695 614 or email patnlesport@hotmail.com

ART EXHIBITION by DAVID HAINES

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- Bench drill with movable head and angle finding base: €600
- TIG welding machine: €2,000
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- Battery operated grinder (2 batteries): €220
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Wed.: Almoncil 7.30pm.
Thurs.: Pêra 7.30pm, Tel: 919 005 590; Tavira 7.30pm. Fri.: Almoncil 1.00pm; Portimão 7.30pm. Sat.: Almoncil 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969. We look forward to seeing you there.

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Mother & toddler group meets every Thursday at 10am - 12.15pm.



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ICC Church Hall, Lagos.
For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

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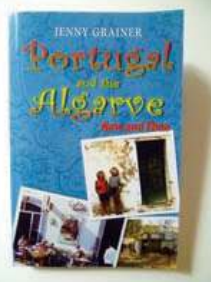
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Olhanense to lose young stars?

Cash strapped Olhanense may well see the departure of a number of their young stars in the January transfer window. Twenty four year-old Vinicius is off to Sp. Braga, last season's Premier Liga

runners-up for a fee in the region of €200,000 with Keita moving in the opposite direction as part of the deal.

The Senegal striker scored ten goals in 25 outings for V. Setúbal

before his transfer to Braga in the summer but he has not yet made his league debut for the Minho side. Vinicius is just one of a number of players being targeted by other clubs.

Sporting Lisbon are keen on 24 year-old central-defender Jardel who is top of their wanted list.

But this transfer could only happen if Anderson Polga leaves the Lisbon club for Corinthians (Brazil) in January. Jardel is being targeted by Werder Bremen (Germany) and Girona (Italy). A fee of €80,000 plus a 20% sell-on clause in any future transfer is being discussed. There is also interest from Asia for centre-forward Yontcha. Daúto Faquirá has put together a team that has played some excellent football this season but he will now have to start re-building especially if Paulo Sérgio also leaves. With no game last weekend Olhanense arranged a friendly with Portimonense at Hotel Alfamar near Albufeira. Paulo Renato scored the only goal of the game in the fifty-fifth minute but manager Daúto Faquirá will be more concerned with his ever growing injury list. Djalmir picked-up a knock and now joins Nuno Piloto, Paulo Sergio, Yontcha, Vinicius, Delson and Carlos Fernandez on the treatment table.

Benfica lift boycott

The doors are open to all Benfica supporters who want to attend away matches as the club has lifted its decree asking supporters not to attend any away matches. Three months after Benfica president Luis Filipe Vieira requested fans of the defending champions not to be present at any of the team's away fixtures, the club's supremo has had a change of heart and is now welcoming supporters to show their solidarity every time Benfica hit the road. The controversial appeal was met with both approval and opposition. Many of the club's more modest rivals were

incredulous at the unusual request, and angry as it affected their chances of gaining much needed income from Benfica's visit to their stadium. In an open letter to all of the club's followers, Vieira stated that after much deliberation with the Benfica faithful across the country, he feels that the club's point has been made and wants to see the Benfica colours being waved proudly at all of their adversaries' stadiums. The action was taken in retaliation to the perceived injustice done to the club by officials in their team's away defeat to V. Guimaraes in early September.

Vital Game for Olhanense

On Sunday 19 December Madeira side Nacional are the visitors to the José Arcanjo Stadium, Olhão (behind McDonald's on the EN125) with a 6.00pm kick-off. The game is live on Sport TV and there should be a good festive atmosphere as many of the expat fans will be dressed as Father Christmas. In the recent Portugal Cup match between the two sides Olhanense ran out 1-0 winners. Not having won in the league since early October, a win is vital if the Algarve side are to maintain their mid table position.

For further information contact: Christopher.wright@hotmail.co.uk Tel: 916 504 903 or Emily Richardson: neilandem@sapo.pt Tel: 939 486 870

It's Benfica again!

Olhanense will meet Benfica in the 5th round of the Portugal Cup after the Lisbon club beat Sp. Braga 2-0 last Sunday. Goals from Saviola and Aimar ensured that Benfica will be at home to the Algarveans in the League Cup and the Portugal Cup. Both games to be played in January.



Manager Daúto Faquirá, centre in top hat, with expat fans

Christmas lunch

25.12.2010

Chestnut soup with Bacon and Mushrooms

Norwegian smoked Salmon, fresh Herbs crème and Potato Salad
or
Wild Pork Terrine served with Onion and Port Wine Compote

Darne of King Fish with Fennel jelly and Saffron Sauce
or
Roast Turkey with traditional Vegetables and Chipolata Sausage and Red Currant Sauce

Log and Xmas pudding

€27,50 (per person)
drinks not included

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New Years dinner

31.12.2010

Gourmet menus at The Olive Tree restaurant starting from €75 per person

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 - Breakfast on January 2nd
 - Welcome drink upon arrival to the restaurant (31.12.10)
- One Gourmet menu (6 courses) on December 31st per person, including selected drinks;
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